

USDA National Nutrient Database for Standard ReferenceRelease 28

Nutrients: Tyrosine (g)

Food Subset: All Foods

Ordered by: Nutrient Content

Measured by: 100 g

Report Run at: September 18, 2016 05:11 EDT

NDB_No	Description	Tyrosine(g) Value Per
01258	Egg, white, dried, stabilized, glucose reduced	3,41
01136	Egg, white, dried, powder, stabilized, glucose reduced	3,31
16122	Soy protein isolate	3,22
16422	Soy protein isolate, potassium type	3,22
01173	Egg, white, dried	3,15
01135	Egg, white, dried, flakes, stabilized, glucose reduced	3,09
11667	Seaweed, spirulina, dried	2,58
01146	Cheese, parmesan, shredded	2,32
16121	Soy protein concentrate, produced by alcohol extraction	2,30
16420	Soy protein concentrate, produced by acid wash	2,30
14067	Beverages, Protein powder soy based	2,17
16099	Peanut flour, defatted	2,12
15018	Fish, cod, Atlantic, dried and salted	2,12
12033	Seeds, sesame flour, low-fat	2,10
01134	Egg, whole, dried, stabilized, glucose reduced	2,00
01033	Cheese, parmesan, hard	2,00
01133	Egg, whole, dried	1,98
01204	Cheese, parmesan, dry grated, reduced fat	1,97
35009	Whale, beluga, meat, dried (Alaska Native)	1,89
12008	Seeds, cottonseed flour, low fat (glandless)	1,80
16117	Soy flour, defatted	1,78
01023	Cheese, gruyere	1,78
01038	Cheese, romano	1,78
12011	Seeds, cottonseed meal, partially defatted (glandless)	1,77
01091	Milk, dry, nonfat, regular, without added vitamin A and vitamin D	1,75
01154	Milk, dry, nonfat, regular, with added vitamin A and vitamin D	1,75
01032	Cheese, parmesan, grated	1,72
01093	Milk, dry, nonfat, calcium reduced	1,71
16119	Soy meal, defatted, raw	1,70

NDB_No	Description	Tyrosine(g) Value Per
01092	Milk, dry, nonfat, instant, with added vitamin A and vitamin D	1,69
01155	Milk, dry, nonfat, instant, without added vitamin A and vitamin D	1,69
01040	Cheese, swiss	1,69
12032	Seeds, sesame flour, partially defatted	1,69
01094	Milk, buttermilk, dried	1,66
16128	Tofu, dried-frozen (koyadofu)	1,60
16428	Tofu, dried-frozen (koyadofu), prepared with calcium sulfate	1,60
10861	Pork, cured, bacon, cooked, microwaved	1,55
16108	Soybeans, mature seeds, raw	1,54
01020	Cheese, fontina	1,52
01035	Cheese, provolone	1,52
01208	Cheese, provolone, reduced fat	1,52
15178	Mollusks, whelk, unspecified, cooked, moist heat	1,52
16111	Soybeans, mature seeds, dry roasted	1,50
12007	Seeds, cottonseed flour, partially defatted (glandless)	1,48
01041	Cheese, tilsit	1,46
01018	Cheese, edam	1,46
16135	Winged beans, mature seeds, raw	1,46
01022	Cheese, gouda	1,45
15207	Fish, roe, mixed species, cooked, dry heat	1,44
16106	Meat extender	1,43
01137	Egg, yolk, dried	1,42
01034	Cheese, port de salut	1,42
12041	Seeds, sunflower seed flour, partially defatted	1,41
01028	Cheese, mozzarella, part skim milk	1,40
23380	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	1,40
13420	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	1,39
16100	Peanut flour, low fat	1,37
23258	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	1,37
23166	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	1,37
16076	Lupins, mature seeds, raw	1,36
10862	Pork, cured, bacon, pre-sliced, cooked, pan-fried	1,36
01044	Cheese, pasteurized process, swiss	1,35
10979	Pork, ground, 96% lean / 4% fat, cooked, pan-broiled	1,34
13491	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	1,34
16110	Soybeans, mature seeds, roasted, salted	1,33

NDB_No	Description	Tyrosine(g) Value Per
16410	Soybeans, mature seeds, roasted, no salt added	1,33
23249	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	1,33
23393	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	1,32
13450	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	1,32
23383	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	1,32
01270	Cheese, cheddar, sharp, sliced	1,32
16116	Soy flour, full-fat, roasted	1,32
23260	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	1,31
23184	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, cooked, braised	1,31
16115	Soy flour, full-fat, raw	1,31
13492	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	1,30
01004	Cheese, blue	1,30
10976	Pork, ground, 96% lean / 4% fat, cooked, crumbles	1,29
23149	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	1,29
23178	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	1,29
12170	Seeds, sesame flour, high-fat	1,29
01271	Cheese, mozzarella, low moisture, part-skim, shredded	1,28
23161	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	1,28
23172	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	1,28
01090	Milk, dry, whole, with added vitamin D	1,27
01212	Milk, dry, whole, without added vitamin D	1,27
23252	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	1,27
23277	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	1,27
23378	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	1,27
23243	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	1,27
12012	Seeds, hemp seed, hulled	1,26
01210	Egg Mix, USDA Commodity	1,26
13418	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	1,26
13444	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	1,25
01027	Cheese, mozzarella, whole milk, low moisture	1,25
23158	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	1,25
23256	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	1,25
13969	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	1,24
23274	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	1,24
10962	Pork, Leg sirloin tip roast, boneless, separable lean and fat, cooked, braised	1,23
23377	Beef, loin, tenderloin roast, separable lean only, boneless, trimmed to 0" fat, select, cooked, roasted	1,23

NDB_No	Description	Tyrosine(g) Value Per
10057	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, braised	1,23
23162	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	1,22
13483	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	1,22
23381	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	1,22
13493	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	1,22
01008	Cheese, caraway	1,22
13959	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	1,22
13968	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	1,22
13436	Beef, round, top round, separable lean only, trimmed to 0" fat, choice, cooked, braised	1,21
13438	Beef, round, top round, separable lean only, trimmed to 0" fat, select, cooked, braised	1,21
13469	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	1,21
01043	Cheese, pasteurized process, pimento	1,21
10067	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, braised	1,21
10181	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, pan-fried	1,21
15086	Fish, salmon, sockeye, cooked, dry heat	1,21
23147	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	1,21
13448	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	1,20
19041	Snacks, pork skins, plain	1,20
10217	Pork, fresh, loin, sirloin (roasts), boneless, separable lean only, cooked, roasted	1,20
01006	Cheese, brie	1,20
01047	Cheese food, pasteurized process, swiss	1,20
23379	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	1,20
01024	Cheese, limburger	1,20
10041	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, braised	1,20
13430	Beef, round, top round, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	1,20
13432	Beef, round, top round, separable lean and fat, trimmed to 0" fat, select, cooked, braised	1,20
23247	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	1,20
10116	Pork, fresh, variety meats and by-products, pancreas, cooked, braised	1,20
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	1,19
01156	Cheese, goat, hard type	1,19
01165	Cheese, mexican, queso anejo	1,19
23084	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	1,19
23259	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	1,19
13419	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	1,19
23350	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	1,19
19408	Snacks, pork skins, barbecue-flavor	1,19

NDB_No	Description	Tyrosine(g) Value Per
23394	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	1,19
23257	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	1,18
13332	Beef, variety meats and by-products, pancreas, cooked, braised	1,18
01025	Cheese, monterey	1,18
23086	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	1,18
13417	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	1,18
17181	Game meat, rabbit, wild, cooked, stewed	1,18
10213	Pork, fresh, loin, sirloin (roasts), boneless, separable lean and fat, cooked, roasted	1,17
12160	Seeds, cottonseed kernels, roasted (glandless)	1,17
23272	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	1,17
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	1,17
17100	Veal, leg (top round), separable lean only, cooked, braised	1,17
12022	Seeds, safflower seed meal, partially defatted	1,17
23085	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	1,17
23382	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	1,17
13442	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	1,16
10186	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, pan-fried	1,16
13899	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	1,16
35141	Mutton, cooked, roasted (Navajo)	1,16
10058	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, broiled	1,16
23402	Beef, New Zealand, imported, brisket point end, separable lean only, cooked, braised	1,16
02029	Spices, parsley, dried	1,16
43378	Pork, cured, bacon, cooked, broiled, pan-fried or roasted, reduced sodium	1,16
23180	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, cooked, braised	1,16
10063	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, braised	1,16
10209	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, roasted	1,16
10987	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, roasted	1,16
23250	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	1,16
05746	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, braised	1,16
13892	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	1,15
17071	Lamb, New Zealand, imported, fore-shank, separable lean only, cooked, braised	1,15
17095	Veal, leg (top round), separable lean and fat, cooked, braised	1,15
23241	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	1,15
13366	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, cooked	1,15
23092	Beef, chuck for stew, separable lean and fat, choice, cooked, braised	1,15
23216	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	1,15

NDB_No	Description	Tyrosine(g) Value Per
23159	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	1,15
23164	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	1,15
23348	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	1,15
10049	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, braised	1,15
10978	Pork, ground, 84% lean / 16% fat, cooked, pan-broiled	1,15
13465	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	1,15
17333	Game meat, bison, chuck, shoulder clod, separable lean only, cooked, braised	1,15
23090	Beef, chuck for stew, separable lean and fat, all grades, cooked, braised	1,15
23275	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	1,15
17325	Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, cooked, braised	1,15
01011	Cheese, colby	1,15
23174	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	1,15
01007	Cheese, camembert	1,14
13895	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	1,14
17087	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean only, cooked, braised	1,14
23091	Beef, chuck for stew, separable lean and fat, select, cooked, braised	1,14
36608	CRACKER BARREL, grilled sirloin steak	1,14
10015	Pork, fresh, leg (ham), rump half, separable lean only, cooked, roasted	1,14
10177	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, pan-fried	1,14
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	1,14
10053	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, braised	1,14
10163	Pork, fresh, loin, center loin (chops), boneless, separable lean only, cooked, pan-broiled	1,14
23100	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	1,14
23349	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	1,14
10215	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, braised	1,14
16092	Peanuts, spanish, oil-roasted, with salt	1,14
16392	Peanuts, spanish, oil-roasted, without salt	1,14
17126	Veal, shoulder, arm, separable lean only, cooked, braised	1,14
23070	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	1,14
36011	T.G.I. FRIDAY'S, classic sirloin steak (10 oz)	1,14
10019	Pork, fresh, leg (ham), shank half, separable lean only, cooked, roasted	1,14
13428	Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	1,14
23097	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	1,14
10043	Pork, fresh, loin, center loin (roasts), bone-in, separable lean only, cooked, roasted	1,13
10216	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, broiled	1,13
13228	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, cooked, simmered	1,13

NDB_No	Description	Tyrosine(g) Value Per
17060	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, braised	1,13
10975	Pork, ground, 84% lean / 16% fat, cooked, crumbles	1,13
13415	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	1,13
13416	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	1,13
18375	Leavening agents, yeast, baker's, active dry	1,13
23168	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	1,13
23353	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	1,13
23248	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	1,13
01010	Cheese, cheshire	1,13
05063	Chicken, broilers or fryers, breast, meat only, cooked, fried	1,13
10959	Pork, Shoulder breast, boneless, separable lean and fat, cooked, broiled	1,13
13326	Beef, variety meats and by-products, liver, cooked, braised	1,13
13364	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, cooked	1,13
23239	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	1,13
23268	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	1,13
23397	Beef, New Zealand, imported, bolar blade, separable lean only, cooked, fast roasted	1,13
13443	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	1,13
10211	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, braised	1,13
13449	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	1,13
17390	Lamb, New Zealand, imported, hind-shank, separable lean only, cooked, braised	1,13
23082	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	1,12
01030	Cheese, muenster	1,12
13447	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	1,12
23375	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	1,12
01251	Cheese, Mexican blend	1,12
05663	Ground turkey, fat free, pan-broiled crumbles	1,12
17346	Game meat, deer, shoulder clod, separable lean only, cooked, braised	1,12
15072	Fish, roe, mixed species, raw	1,12
10860	Pork, cured, bacon, cooked, baked	1,12
10037	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, braised	1,12
23156	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	1,12
23412	Beef, New Zealand, imported, flat, separable lean only, cooked, braised	1,12
01029	Cheese, mozzarella, low moisture, part-skim	1,12
10212	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, broiled	1,12
23083	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	1,12
23392	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	1,12

NDB_No	Description	Tyrosine(g) Value Per
01005	Cheese, brick	1,12
05130	Chicken, stewing, light meat, meat only, cooked, stewed	1,12
17141	Veal, cubed for stew (leg and shoulder), separable lean only, cooked, braised	1,11
23071	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	1,11
13413	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, select, cooked, braised	1,11
23098	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	1,11
23081	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	1,11
23120	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	1,11
10033	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised	1,11
13897	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	1,11
01009	Cheese, cheddar	1,11
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	1,11
23146	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	1,11
23119	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	1,11
23614	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	1,11
23351	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	1,10
10998	Canadian bacon, cooked, pan-fried	1,10
23273	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	1,10
23602	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	1,10
05149	Goose, domesticated, meat only, cooked, roasted	1,10
10985	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, broiled	1,10
10986	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled	1,10
17040	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, braised	1,10
23633	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, cooked, braised	1,10
13479	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	1,10
23352	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	1,10
05747	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled	1,10
16094	Peanuts, valencia, oil-roasted, with salt	1,10
16394	Peanuts, valencia, oil-roasted, without salt	1,10
05318	Duck, young duckling, domesticated, White Pekin, leg, meat only, bone in, cooked without skin, braised	1,10
23251	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	1,10
17114	Veal, rib, separable lean only, cooked, braised	1,10
23121	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	1,10
23242	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	1,10
23593	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, braised	1,10
23069	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	1,10

NDB_No	Description	Tyrosine(g) Value Per
23545	Beef, loin, bottom sirloin butt, tri-tip steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	1,10
05192	Turkey, all classes, breast, meat and skin, cooked, roasted	1,10
13404	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, braised	1,10
23096	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	1,10
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	1,10
13365	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked	1,09
23214	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	1,09
23605	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	1,09
10983	Pork, fresh, loin, blade (roasts), boneless, separable lean only, cooked, roasted	1,09
12014	Seeds, pumpkin and squash seed kernels, dried	1,09
10956	Pork, loin, leg cap steak, boneless, separable lean and fat, cooked, broiled	1,09
23622	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	1,09
17200	Lamb, variety meats and by-products, liver, cooked, braised	1,09
23276	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	1,09
10960	Pork, shoulder, petite tender, boneless, separable lean and fat, cooked, broiled	1,09
13384	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	1,09
17393	Lamb, New Zealand, imported, neck chops, separable lean only, cooked, braised	1,09
17056	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	1,09
17151	Game meat, beaver, cooked, roasted	1,09
23160	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	1,08
13407	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, all grades, cooked, braised	1,08
13285	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	1,08
17138	Veal, sirloin, separable lean only, cooked, braised	1,08
17179	Game meat, rabbit, domesticated, composite of cuts, cooked, stewed	1,08
13890	Beef, round, top round, separable lean only, trimmed to 1/8" fat, choice, cooked, pan-fried	1,08
17167	Game meat, elk, cooked, roasted	1,08
23182	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, cooked, braised	1,08
01168	Cheese, low fat, cheddar or colby	1,08
01169	Cheese, low-sodium, cheddar or colby	1,08
13383	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	1,08
13485	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, select, cooked, braised	1,08
12016	Seeds, pumpkin and squash seed kernels, roasted, without salt	1,08
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	1,08
23405	Beef, New Zealand, imported, chuck eye roll, separable lean only, cooked, braised	1,08
23517	Beef, chuck, clod steak, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	1,08
17161	Game meat, buffalo, water, cooked, roasted	1,08

NDB_No	Description	Tyrosine(g) Value Per
17173	Game meat, moose, cooked, roasted	1,08
01045	Cheese food, cold pack, American	1,08
17382	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, cooked, braised	1,08
23133	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	1,08
05194	Turkey, all classes, leg, meat and skin, cooked, roasted	1,07
17120	Veal, shoulder, whole (arm and blade), separable lean only, cooked, braised	1,07
23450	Beef, New Zealand, imported, brisket point end, separable lean and fat, cooked, braised	1,07
17123	Veal, shoulder, arm, separable lean and fat, cooked, braised	1,07
23460	Beef, New Zealand, imported, flat, separable lean and fat, cooked, braised	1,07
36013	Restaurant, family style, sirloin steak	1,07
10013	Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted	1,07
23223	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	1,07
10039	Pork, fresh, loin, center loin (roasts), bone-in, separable lean and fat, cooked, roasted	1,07
13236	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	1,07
13950	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised	1,07
17108	Veal, loin, separable lean only, cooked, braised	1,07
23131	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	1,07
23376	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	1,07
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	1,07
13398	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	1,07
17165	Game meat, deer, cooked, roasted	1,07
23215	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	1,07
10054	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, broiled	1,07
05021	Chicken, broilers or fryers, giblets, cooked, fried	1,07
23132	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	1,07
13445	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	1,06
05200	Turkey, fryer-roasters, meat and skin, cooked, roasted	1,06
13377	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, choice, cooked, braised	1,06
13378	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, select, cooked, braised	1,06
16091	Peanuts, spanish, raw	1,06
23148	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	1,06
23176	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	1,06
05749	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, grilled	1,06
10180	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, pan-fried	1,06
01166	Cheese, mexican, queso asadero	1,06
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	1,06

NDB_No	Description	Tyrosine(g) Value Per
10223	Pork, fresh, loin, tenderloin, separable lean only, cooked, broiled	1,06
13370	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	1,06
17102	Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded	1,06
23101	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	1,06
10059	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean only, cooked, roasted	1,06
23634	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, cooked, braised	1,06
10045	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, braised	1,06
10208	Pork, fresh, loin, country-style ribs, separable lean only, cooked, braised	1,06
23595	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	1,06
23615	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	1,06
13410	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	1,05
15106	Fish, sturgeon, mixed species, smoked	1,05
23157	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	1,05
23170	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	1,05
23356	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	1,05
23359	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	1,05
23414	Beef, New Zealand, imported, variety meats and by-products, heart, cooked, boiled	1,05
23446	Beef, New Zealand, imported, bolar blade, separable lean and fat, cooked, fast roasted	1,05
10029	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised	1,05
13446	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	1,05
16096	Peanuts, virginia, oil-roasted, with salt	1,05
16396	Peanuts, virginia, oil-roasted, without salt	1,05
17069	Lamb, New Zealand, imported, fore-shank, separable lean and fat, cooked, braised	1,05
13902	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	1,05
23416	Beef, New Zealand, imported, hind shin, separable lean only, cooked, braised	1,05
10945	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution cooked, braised	1,05
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	1,05
10068	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, broiled	1,05
10990	Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted	1,05
16087	Peanuts, all types, raw	1,05
23347	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	1,05
05159	Quail, breast, meat only, raw	1,05
13369	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	1,05
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	1,05
13872	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	1,05
10993	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, roasted	1,05

NDB_No	Description	Tyrosine(g) Value Per
17247	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	1,04
23362	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	1,04
23365	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	1,04
13869	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	1,04
17203	Veal, variety meats and by-products, liver, cooked, braised	1,04
01026	Cheese, mozzarella, whole milk	1,04
05041	Chicken, broilers or fryers, light meat, meat only, cooked, roasted	1,04
13401	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	1,04
05316	Duck, young duckling, domesticated, White Pekin, breast, meat only, boneless, cooked without skin, broiled	1,04
13441	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	1,04
17010	Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	1,04
10991	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, broiled	1,04
17132	Veal, shoulder, blade, separable lean only, cooked, braised	1,04
23371	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	1,04
13343	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, choice, cooked, braised	1,04
15229	Mollusks, cuttlefish, mixed species, cooked, moist heat	1,04
23289	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	1,04
05713	Turkey, retail parts, wing, meat only, cooked, roasted	1,04
10069	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	1,04
10984	Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled	1,04
17461	Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, grilled	1,04
17178	Game meat, rabbit, domesticated, composite of cuts, cooked, roasted	1,04
10221	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, broiled	1,03
13440	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	1,03
17111	Veal, rib, separable lean and fat, cooked, braised	1,03
23410	Beef, New Zealand, imported, flank, separable lean only, cooked, braised	1,03
13363	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, cooked	1,03
23390	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	1,03
05012	Chicken, broilers or fryers, meat only, cooked, fried	1,03
13940	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	1,03
10017	Pork, fresh, leg (ham), shank half, separable lean and fat, cooked, roasted	1,03
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	1,03
23262	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	1,03
23484	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, cooked	1,03
05107	Chicken, broilers or fryers, wing, meat only, cooked, roasted	1,03
13439	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	1,03

Tyrosine(g)
 Value Per

NDB_No	Description	Tyrosine(g) Value Per
25025	Snacks, soy chips or crisps, salted	1,03
05126	Chicken, stewing, meat only, cooked, stewed	1,03
05664	Ground turkey, fat free, patties, broiled	1,03
10229	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, cooked	1,03
17336	Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled	1,03
10201	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, broiled	1,03
13165	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	1,03
17279	Veal, shank (fore and hind), separable lean only, cooked, braised	1,03
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	1,02
17403	Lamb, New Zealand, imported, hind-shank, separable lean and fat, cooked, braised	1,02
16095	Peanuts, virginia, raw	1,02
13980	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	1,02
13345	Beef, cured, breakfast strips, cooked	1,02
13982	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	1,02
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	1,02
17117	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	1,02
17145	Game meat, antelope, cooked, roasted	1,02
13981	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	1,02
23284	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	1,02
23621	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	1,02
13361	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, cooked	1,02
16093	Peanuts, valencia, raw	1,02
01167	Cheese, mexican, queso chihuahua	1,02
05106	Chicken, broilers or fryers, wing, meat only, cooked, fried	1,02
10035	Pork, fresh, loin, blade (roasts), bone-in, separable lean only, cooked, roasted	1,02
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	1,02
10120	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, pan-fried	1,02
13946	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	1,02
23345	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	1,02
05748	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, braised	1,02
10189	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, cooked, pan-broiled	1,02
17091	Veal, composite of trimmed retail cuts, separable lean only, cooked	1,02
17425	Veal, leg, top round, cap off, cutlet, boneless, cooked, grilled	1,02
12174	Seeds, watermelon seed kernels, dried	1,02
13468	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, raw	1,02
23255	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, select, raw	1,02

NDB_No	Description	Tyrosine(g) Value Per
23432	Beef, New Zealand, imported, rump centre, separable lean only, cooked, fast fried	1,02
10055	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	1,01
13232	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	1,01
15085	Fish, salmon, sockeye, raw	1,01
23458	Beef, New Zealand, imported, flank, separable lean and fat, cooked, braised	1,01
23516	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	1,01
23608	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	1,01
05711	Turkey, retail parts, breast, meat only, cooked, roasted	1,01
10064	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, broiled	1,01
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	1,01
10992	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	1,01
01039	Cheese, roquefort	1,01
13943	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	1,01
17097	Veal, leg (top round), separable lean and fat, cooked, pan-fried, not breaded	1,01
23406	Beef, New Zealand, imported, cube roll, separable lean only, cooked, fast roasted	1,01
10085	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised	1,01
05054	Chicken, broilers or fryers, back, meat only, cooked, fried	1,01
05158	Quail, meat only, raw	1,01
05162	Squab, (pigeon), light meat without skin, raw	1,01
05317	Duck, young duckling, domesticated, White Pekin, leg, meat and skin, bone in, cooked, roasted	1,01
15118	Fish, tuna, fresh, bluefin, cooked, dry heat	1,01
17159	Game meat, boar, wild, cooked, roasted	1,01
23465	Beef, New Zealand, imported, rump centre, separable lean and fat, cooked, fast fried	1,01
23498	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, cooked	1,01
17198	Veal, variety meats and by-products, kidneys, cooked, braised	1,01
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	1,01
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	1,01
23221	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	1,01
23229	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	1,01
23346	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	1,01
23453	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, raw	1,01
10065	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, cooked, roasted	1,01
13362	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, cooked	1,01
23155	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	1,01
23452	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, cooked, braised	1,01
23592	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	1,01

NDB_No	Description	Tyrosine(g) Value Per
16089	Peanuts, all types, oil-roasted, with salt	1,01
16389	Peanuts, all types, oil-roasted, without salt	1,01
23118	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	1,01
23266	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	1,01
23287	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	1,01
05348	Chicken, broilers or fryers, breast, meat and skin, cooked, rotisserie, original seasoning	1,00
17204	Veal, variety meats and by-products, liver, cooked, pan-fried	1,00
17317	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, grilled	1,00
23004	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	1,00
23428	Beef, New Zealand, imported, oyster blade, separable lean only, cooked, braised	1,00
10093	Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked	1,00
10203	Pork, fresh, loin, center rib (roasts), boneless, separable lean only, cooked, roasted	1,00
17277	Veal, shank (fore and hind), separable lean and fat, cooked, braised	1,00
17388	Lamb, New Zealand, imported, loin, boneless, separable lean only, cooked, fast roasted	1,00
23286	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	1,00
13501	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	1,00
17409	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, cooked, fast roasted	1,00
23179	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	1,00
23462	Beef, New Zealand, imported, hind shin, separable lean and fat, cooked, braised	1,00
15225	Fish, yellowtail, mixed species, cooked, dry heat	1,00
17335	Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled	1,00
17445	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted	1,00
23464	Beef, New Zealand, imported, oyster blade, separable lean and fat, cooked, braised	1,00
05196	Turkey, all classes, wing, meat and skin, cooked, roasted	1,00
13482	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, raw	1,00
23531	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	1,00
13500	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	1,00
17323	Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, braised	1,00
23408	Beef, New Zealand, imported, eye round, separable lean only, cooked, slow roasted	1,00
23491	Beef composite, separable lean only, trimmed to 1/8" fat, choice, cooked	1,00
10027	Pork, fresh, loin, whole, separable lean only, cooked, roasted	1,00
17129	Veal, shoulder, blade, separable lean and fat, cooked, braised	1,00
17135	Veal, sirloin, separable lean and fat, cooked, braised	1,00
25015	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Protein Performance Bar, Caramel Nut Rush	1,00
10061	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	1,00
17348	Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled	1,00

NDB_No	Description	Tyrosine(g) Value Per
10025	Pork, fresh, loin, whole, separable lean only, cooked, braised	1,00
10026	Pork, fresh, loin, whole, separable lean only, cooked, broiled	1,00
17065	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, cooked	1,00
23075	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	0,99
23456	Beef, New Zealand, imported, eye round, separable lean and fat, cooked, slow roasted	0,99
05031	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, flour	0,99
10222	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, roasted	0,99
13502	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	0,99
23077	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	0,99
23285	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	0,99
23288	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	0,99
36615	DENNY'S, top sirloin steak	0,99
05342	Chicken, broilers or fryers, breast, meat only, cooked, rotisserie, original seasoning	0,99
10034	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, broiled	0,99
13382	Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised	0,99
17243	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	0,99
17265	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked, braised	0,99
23076	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	0,99
23368	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, select, raw	0,99
23374	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, raw	0,99
17411	Lamb, New Zealand, imported, neck chops, separable lean and fat, cooked, braised	0,99
23439	Beef, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	0,99
15160	Mollusks, clam, mixed species, canned, drained solids	0,99
23399	Beef, New Zealand, imported, brisket navel end, separable lean only, cooked, braised	0,99
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	0,99
13470	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	0,99
17079	Lamb, New Zealand, imported, frozen, loin, separable lean only, cooked, broiled	0,98
23470	Beef, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	0,98
23586	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, cooked, broiled	0,98
36000	APPLEBEE'S, 9 oz house sirloin steak	0,98
10954	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised	0,98
13158	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, select, cooked, broiled	0,98
15119	Fish, tuna, light, canned in oil, drained solids	0,98
15183	Fish, tuna, light, canned in oil, without salt, drained solids	0,98
23514	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	0,98
05723	Turkey, retail parts, drumstick, meat only, cooked, roasted	0,98

NDB_No	Description	Tyrosine(g) Value Per
23136	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	0,98
10050	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, broiled	0,98
13456	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	0,98
05060	Chicken, broilers or fryers, breast, meat and skin, cooked, roasted	0,98
10988	Pork, fresh, blade, (chops), boneless, separable lean and fat, cooked, broiled	0,98
13150	Beef, rib, shortribs, separable lean only, choice, cooked, braised	0,98
23235	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised	0,98
23536	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	0,98
23222	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	0,98
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	0,98
05065	Chicken, broilers or fryers, breast, meat only, cooked, stewed	0,98
05190	Turkey, all classes, back, meat and skin, cooked, roasted	0,98
05013	Chicken, broilers or fryers, meat only, roasted	0,98
12084	Nuts, butternuts, dried	0,98
13814	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	0,98
13893	Beef, round, top round steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	0,98
13977	Beef, plate, inside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	0,98
23265	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	0,98
23280	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	0,98
17163	Game meat, caribou, cooked, roasted	0,98
17359	Lamb, New Zealand, imported, breast, separable lean only, cooked, braised	0,98
23391	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	0,98
23554	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	0,98
05042	Chicken, broilers or fryers, light meat, meat only, cooked, stewed	0,98
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	0,98
15002	Fish, anchovy, european, canned in oil, drained solids	0,98
10200	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, braised	0,97
10858	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, pan-broiled	0,97
23116	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	0,97
13454	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	0,97
13896	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	0,97
13900	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	0,97
23279	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	0,97
17251	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	0,97
05306	Ground turkey, cooked	0,97
10188	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, cooked	0,97

NDB_No	Description	Tyrosine(g) Value Per
05661	Chicken, liver, all classes, cooked, pan-fried	0,97
17340	Game meat, elk, loin, separable lean only, cooked, broiled	0,97
23278	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	0,97
13810	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	0,97
15012	Fish, caviar, black and red, granular	0,97
17384	Lamb, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	0,97
17442	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	0,97
05709	Turkey, retail parts, breast, meat only, with added solution, cooked, roasted	0,97
10178	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried	0,97
10974	Pork, ground, 72% lean / 28% fat, cooked, crumbles	0,97
13933	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	0,97
15264	Salmon, sockeye, canned, drained solids, without skin and bones	0,97
17341	Game meat, elk, round, separable lean only, cooked, broiled	0,97
23152	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	0,97
05072	Chicken, broilers or fryers, drumstick, meat only, cooked, fried	0,97
17365	Lamb, New Zealand, imported, flap, boneless, separable lean only, cooked, braised	0,97
17418	Lamb, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	0,97
23515	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	0,97
13455	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	0,96
17275	Veal, breast, whole, boneless, separable lean only, cooked, braised	0,96
17459	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	0,96
17464	Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, grilled	0,96
23008	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	0,96
23167	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, raw	0,96
10202	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, pan-fried	0,96
17036	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	0,96
16090	Peanuts, all types, dry-roasted, with salt	0,96
16390	Peanuts, all types, dry-roasted, without salt	0,96
23354	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	0,96
23357	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	0,96
10031	Pork, fresh, loin, blade (roasts), bone-in, separable lean and fat, cooked, roasted	0,96
17105	Veal, loin, separable lean and fat, cooked, braised	0,96
17342	Game meat, elk, tenderloin, separable lean only, cooked, broiled	0,96
05666	Ground turkey, 93% lean, 7% fat, pan-broiled crumbles	0,96
05733	Turkey, retail parts, breast, meat and skin, cooked, roasted	0,96
17089	Veal, composite of trimmed retail cuts, separable lean and fat, cooked	0,96

NDB_No	Description	Tyrosine(g) Value Per
17440	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, cooked, braised	0,96
23433	Beef, New Zealand, imported, striploin, separable lean only, cooked, fast fried	0,96
13812	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	0,96
13967	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled	0,96
05081	Chicken, broilers or fryers, leg, meat only, cooked, fried	0,96
13823	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	0,96
13963	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	0,96
17052	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	0,96
23511	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	0,96
10977	Pork, ground, 72% lean / 28% fat, cooked, pan-broiled	0,96
10981	Pork loin, fresh, backribs, bone-in, cooked-roasted, lean only	0,96
13965	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, choice, cooked, broiled	0,96
23246	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, raw	0,96
23540	Beef, plate, inside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	0,96
13466	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	0,96
23521	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	0,96
05000	Chicken, broiler, rotisserie, BBQ, breast meat only	0,96
05647	Ostrich, inside strip, cooked	0,96
10227	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, cooked	0,96
13862	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	0,96
17194	Veal, variety meats and by-products, heart, cooked, braised	0,96
23134	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	0,96
10081	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised	0,95
13490	Beef, rib, eye, small end (ribs 10- 12) separable lean only, trimmed to 0" fat, select, cooked, broiled	0,95
15230	Mollusks, octopus, common, cooked, moist heat	0,95
17008	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	0,95
17229	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	0,95
17332	Game meat , bison, top sirloin, separable lean only, 1" steak, cooked, broiled	0,95
23360	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	0,95
23363	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	0,95
07013	Bratwurst, pork, cooked	0,95
13484	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	0,95
17022	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	0,95
23200	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	0,95
05055	Chicken, broilers or fryers, back, meat only, cooked, roasted	0,95
05679	Chicken, dark meat, drumstick, meat only, with added solution, cooked, roasted	0,95

NDB_No	Description	Tyrosine(g) Value Per
15220	Fish, tuna, skipjack, fresh, cooked, dry heat	0,95
23117	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	0,95
23196	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	0,95
23620	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	0,95
05097	Chicken, broilers or fryers, thigh, meat only, cooked, fried	0,95
13598	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	0,95
13937	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	0,95
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	0,95
17398	Lamb, New Zealand, imported, loin chop, separable lean only, cooked, fast fried	0,95
05132	Chicken, stewing, dark meat, meat only, cooked, stewed	0,95
17345	Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled	0,95
23389	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	0,95
13650	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	0,95
17427	Veal, loin, chop, separable lean only, cooked, grilled	0,95
23509	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	0,95
13368	Beef, brisket, whole, separable lean only, trimmed to 0" fat, all grades, cooked, braised	0,95
17004	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, cooked	0,95
17085	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	0,95
23547	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	0,95
17018	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	0,95
23598	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	0,95
05026	Chicken, heart, all classes, cooked, simmered	0,95
23002	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	0,95
13453	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	0,94
13821	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	0,94
10947	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, broiled	0,94
17061	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, broiled	0,94
23267	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	0,94
23523	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	0,94
05645	Ostrich, inside leg, cooked	0,94
13961	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	0,94
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	0,94
23519	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	0,94
23591	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	0,94
23638	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	0,94
13372	Beef, brisket, point half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	0,94

NDB_No	Description	Tyrosine(g) Value Per
13395	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	0,94
13396	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, cooked, broiled	0,94
17457	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	0,94
23369	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	0,94
23386	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	0,94
23549	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	0,94
10094	Pork, fresh, loin, center loin (chops), boneless, separable lean only, raw	0,94
13354	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled	0,94
05032	Chicken, broilers or fryers, light meat, meat and skin, cooked, roasted	0,94
10030	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, broiled	0,94
10196	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, broiled	0,94
10198	Pork, fresh, loin, center rib (roasts), boneless, separable lean and fat, cooked, roasted	0,94
10859	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, pan-broiled	0,94
13351	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	0,94
13875	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	0,94
23261	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	0,94
23525	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	0,94
23552	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	0,94
23629	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	0,94
13352	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, cooked, grilled	0,94
05136	Chicken, capons, meat and skin, cooked, roasted	0,94
10023	Pork, fresh, loin, whole, separable lean and fat, cooked, roasted	0,94
23589	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	0,94
23610	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	0,94
05652	Ostrich, oyster, cooked	0,94
13381	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	0,94
13394	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, all grades, cooked, broiled	0,94
13822	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	0,94
17347	Game meat, deer, tenderloin, separable lean only, cooked, broiled	0,94
23135	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	0,94
10022	Pork, fresh, loin, whole, separable lean and fat, cooked, broiled	0,94
13451	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	0,94
13467	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	0,94
23454	Beef, New Zealand, imported, cube roll, separable lean and fat, cooked, fast roasted	0,94
23588	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	0,94
23606	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	0,93

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10086	Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled	0,93
13375	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, select, cooked, braised	0,93
17033	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	0,93
17301	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	0,93
23033	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	0,93
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	0,93
10021	Pork, fresh, loin, whole, separable lean and fat, cooked, braised	0,93
13156	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	0,93
17049	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	0,93
10079	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, roasted	0,93
17075	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean only, cooked, roasted	0,93
05074	Chicken, broilers or fryers, drumstick, meat only, cooked, stewed	0,93
05336	USDA Commodity Chicken, canned, meat only, drained	0,93
10046	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, broiled	0,93
23630	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	0,93
05008	Chicken, broilers or fryers, meat and skin, cooked, fried, flour	0,93
05650	Ostrich, outside strip, cooked	0,93
13888	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	0,93
17305	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, cooked, broiled	0,93
17415	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, cooked, braised	0,93
17429	Veal, foreshank, osso buco, separable lean only, cooked, braised	0,93
05003	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, flour	0,93
05656	Ostrich, tip trimmed, cooked	0,93
13867	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	0,93
23056	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	0,93
23220	Beef, ground, unspecified fat content, cooked	0,93
23227	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	0,93
23422	Beef, New Zealand, imported, knuckle, cooked, fast fried	0,93
23587	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	0,93
05315	Duck, young duckling, domesticated, White Pekin, breast, meat and skin, boneless, cooked, roasted	0,92
13389	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, choice, cooked, roasted	0,92
13390	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, select, cooked, roasted	0,92
13452	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	0,92
13865	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	0,92
23263	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	0,92
23600	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	0,92

NDB_No	Description	Tyrosine(g) Value Per
05045	Chicken, broilers or fryers, dark meat, meat only, cooked, roasted	0,92
15082	Fish, salmon, coho, wild, cooked, moist heat	0,92
17289	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, cooked, braised	0,92
23628	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	0,92
13055	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	0,92
23253	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	0,92
05737	Turkey, retail parts, drumstick, meat and skin, cooked, roasted	0,92
13373	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	0,92
13884	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	0,92
17455	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, braised	0,92
05014	Chicken, broilers or fryers, meat only, stewed	0,92
05670	Ground turkey, 85% lean, 15% fat, patties, broiled	0,92
17184	Game meat, squirrel, cooked, roasted	0,92
23099	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	0,92
13098	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	0,92
05028	Chicken, liver, all classes, cooked, simmered	0,92
13906	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	0,92
23355	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	0,92
23358	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	0,92
05667	Ground turkey, 93% lean, 7% fat, patties, broiled	0,92
13820	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	0,92
17293	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, cooked, roasted	0,92
23421	Beef, New Zealand, imported, variety meats and by-products, kidney, cooked, boiled	0,92
05108	Chicken, broilers or fryers, wing, meat only, cooked, stewed	0,92
23006	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	0,92
23031	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	0,92
01042	Cheese, pasteurized process, American, fortified with vitamin D	0,92
01253	Cheese, pasteurized process, American, without added vitamin D	0,92
05118	Chicken, roasting, light meat, meat only, cooked, roasted	0,92
05134	Chicken, capons, meat and skin and giblets and neck, cooked, roasted	0,92
13350	Beef, cured, dried	0,92
13886	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	0,92
23430	Beef, New Zealand, imported, ribs prepared, cooked, fast roasted	0,92
05658	Ostrich, top loin, cooked	0,91
10107	Pork, fresh, variety meats and by-products, kidneys, cooked, braised	0,91
17157	Game meat, bison, separable lean only, cooked, roasted	0,91

NDB_No	Description	Tyrosine(g) Value Per
17297	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, cooked, roasted	0,91
23660	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	0,91
10141	Pork, cured, ham, center slice, country-style, separable lean only, raw	0,91
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	0,91
05073	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted	0,91
17041	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	0,91
17400	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, cooked, fast fried	0,91
17201	Lamb, variety meats and by-products, liver, cooked, pan-fried	0,91
17372	Lamb, New Zealand, imported, heart, cooked, soaked and simmered	0,91
23361	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	0,91
23364	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	0,91
05089	Chicken, broilers or fryers, neck, meat only, cooked, fried	0,91
10963	Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw	0,91
13380	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	0,91
13478	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, raw	0,91
23107	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	0,91
10950	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, broiled	0,91
13066	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	0,91
17257	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	0,91
23481	Beef, ground, 97% lean meat / 3% fat, crumbles, cooked, pan-browned	0,91
23590	Beef, round, bottom round , roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	0,91
23198	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	0,90
10214	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean only, raw	0,90
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	0,90
23105	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	0,90
23233	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	0,90
13878	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	0,90
13414	Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	0,90
23326	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	0,90
23626	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8"fat, choice, cooked, broiled	0,90
05061	Chicken, broilers or fryers, breast, meat and skin, cooked, stewed	0,90
05671	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, braised	0,90
10875	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, heated, pan-broil	0,90
13800	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, cooked	0,90
13816	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	0,90
23106	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	0,90

NDB_No	Description	Tyrosine(g) Value Per
05050	Chicken, broilers or fryers, back, meat and skin, cooked, fried, flour	0,90
05082	Chicken, broilers or fryers, leg, meat only, cooked, roasted	0,90
15219	Fish, trout, mixed species, cooked, dry heat	0,90
17101	Veal, leg (top round), separable lean only, cooked, pan-fried, breaded	0,90
17309	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, cooked, broiled	0,90
23240	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	0,90
23329	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	0,90
23528	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	0,90
17233	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	0,90
17274	Veal, breast, point half, boneless, separable lean and fat, cooked, braised	0,90
17283	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, cooked	0,90
23153	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	0,90
23175	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	0,90
23560	Beef, ground, 95% lean meat / 5% fat, crumbles, cooked, pan-brownied	0,90
13882	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	0,90
15124	Fish, tuna, white, canned in oil, drained solids	0,90
15185	Fish, tuna, white, canned in oil, without salt, drained solids	0,90
23190	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	0,90
05186	Turkey, all classes, light meat, cooked, roasted	0,90
05228	Turkey, wing, from whole bird, meat only, roasted	0,90
05284	Turkey, canned, meat only, with broth	0,90
05739	Turkey, drumstick, from whole bird, meat only, roasted	0,90
10220	Pork, fresh, ground, cooked	0,90
13405	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	0,90
13796	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, cooked	0,90
13908	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	0,90
17103	Veal, leg (top round), separable lean only, cooked, roasted	0,90
23271	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, raw	0,90
23366	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	0,90
23372	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	0,90
05142	Duck, domesticated, meat only, cooked, roasted	0,89
05343	Chicken, broilers or fryers, drumstick, meat only, cooked, rotisserie, original seasoning	0,89
05683	Chicken, dark meat, thigh, meat only, with added solution, cooked, roasted	0,89
05735	Turkey, retail parts, wing, meat and skin, cooked, roasted	0,89
10195	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, braised	0,89
13880	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	0,89

NDB_No	Description	Tyrosine(g) Value Per
17028	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	0,89
17368	Lamb, New Zealand, imported, liver, cooked, soaked and fried	0,89
17437	Veal, loin, chop, separable lean and fat, cooked, grilled	0,89
17439	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	0,89
10958	Pork, Shoulder breast, boneless, separable lean and fat, raw	0,89
10973	Pork, ground, 96% lean / 4% fat, raw	0,89
13069	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	0,89
23052	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	0,89
23332	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	0,89
23335	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	0,89
23370	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	0,89
23384	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	0,89
23385	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	0,89
13463	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	0,89
13932	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	0,89
17313	Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, cooked, broiled	0,89
23604	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked	0,89
05669	Ground turkey, 85% lean, 15% fat, pan-broiled crumbles	0,89
10082	Pork, fresh, shoulder, blade, boston (steaks), separable lean and fat, cooked, broiled	0,89
10210	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean and fat, raw	0,89
13798	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	0,89
13951	Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	0,89
15265	Fish, Salmon, pink, canned, drained solids, without skin and bones	0,89
17436	Veal, foreshank, osso buco, separable lean and fat, cooked, braised	0,89
23655	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	0,89
01048	Cheese spread, pasteurized process, American	0,89
13477	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	0,89
15212	Fish, salmon, pink, cooked, dry heat	0,89
17315	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, grilled	0,89
23127	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	0,89
15202	Fish, milkfish, cooked, dry heat	0,89
23187	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	0,89
23654	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	0,89
15102	Fish, snapper, mixed species, cooked, dry heat	0,89
17016	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	0,89
23476	Beef, ground, 93% lean meat / 7% fat, crumbles, cooked, pan-browned	0,89

NDB_No	Description	Tyrosine(g) Value Per
05083	Chicken, broilers or fryers, leg, meat only, cooked, stewed	0,89
10111	Pork, fresh, variety meats and by-products, liver, cooked, braised	0,89
21442	POPEYES, Fried Chicken, Mild, Breast, meat only, skin and breading removed	0,89
13070	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	0,89
13818	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	0,89
13979	Beef, plate, outside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	0,89
21446	POPEYES, Fried Chicken, Mild, Wing, meat only, skin and breading removed	0,89
08084	Cereals ready-to-eat, wheat germ, toasted, plain	0,88
13408	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	0,88
13949	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	0,88
23199	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	0,88
05036	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, flour	0,88
13348	Beef, cured, corned beef, canned	0,88
17386	Lamb, New Zealand, imported, loin saddle, separable lean only, cooked, fast roasted	0,88
10073	Pork, fresh, shoulder, whole, separable lean only, cooked, roasted	0,88
13473	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	0,88
17098	Veal, leg (top round), separable lean and fat, cooked, roasted	0,88
23197	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	0,88
23228	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	0,88
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	0,88
10899	Pork, cured, ham, slice, bone-in, separable lean only, heated, pan-broil	0,88
13425	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	0,88
13948	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	0,88
17171	Game meat, horse, cooked, roasted	0,88
05078	Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	0,88
17231	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	0,88
17321	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, cooked	0,88
23185	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, raw	0,88
05009	Chicken, broilers or fryers, meat and skin, cooked, roasted	0,88
15228	Crustaceans, spiny lobster, mixed species, cooked, moist heat	0,88
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	0,88
23125	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	0,88
05138	Chicken, capons, giblets, cooked, simmered	0,88
13067	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	0,88
13806	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	0,88
15098	Fish, sheepshead, cooked, dry heat	0,88

NDB_No	Description	Tyrosine(g) Value Per
15200	Fish, mackerel, king, cooked, dry heat	0,88
23619	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	0,88
05046	Chicken, broilers or fryers, dark meat, meat only, cooked, stewed	0,88
13388	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, all grades, cooked, roasted	0,88
13424	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	0,88
13474	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	0,88
21428	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat only, skin and breading removed	0,88
21433	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat only, skin and breading removed	0,88
23064	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	0,88
23264	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	0,88
17237	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	0,88
17380	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, cooked, slow roasted	0,88
23254	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	0,88
05077	Chicken, broilers or fryers, leg, meat and skin, cooked, fried, flour	0,88
17448	Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted	0,88
23324	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	0,88
23565	Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned	0,88
10197	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, pan-fried	0,87
13399	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	0,87
13459	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	0,87
23191	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	0,87
23327	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	0,87
23341	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	0,87
13481	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	0,87
23244	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	0,87
13426	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	0,87
15211	Fish, salmon, chum, cooked, dry heat	0,87
13876	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	0,87
13916	Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	0,87
17394	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, cooked, slow roasted	0,87
17430	Veal, shoulder, blade chop, separable lean only, cooked, grilled	0,87
23126	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	0,87
05116	Chicken, roasting, giblets, cooked, simmered	0,87
13870	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	0,87
15262	Fish, tilapia, cooked, dry heat	0,87
23189	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	0,87

NDB_No	Description	Tyrosine(g) Value Per
05093	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, flour	0,87
05124	Chicken, stewing, meat and skin, cooked, stewed	0,87
13391	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	0,87
13804	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	0,87
13952	Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	0,87
15201	Fish, mackerel, Pacific and jack, mixed species, cooked, dry heat	0,87
17399	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, cooked, slow roasted	0,87
23325	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	0,87
23496	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, raw	0,87
13411	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	0,87
13464	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, raw	0,87
15210	Fish, salmon, chinook, cooked, dry heat	0,87
23328	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	0,87
15189	Fish, bluefish, cooked, dry heat	0,87
23050	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	0,87
23330	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	0,87
23333	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	0,87
05148	Goose, domesticated, meat only, raw	0,87
13379	Beef, chuck, blade roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	0,87
13857	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	0,87
15087	Fish, salmon, sockeye, canned, drained solids	0,87
17148	Bison, ground, grass-fed, cooked	0,87
23150	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	0,87
23649	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	0,87
05346	Chicken, broilers or fryers, wing, meat only, cooked, rotisserie, original seasoning	0,86
05681	Chicken, dark meat, thigh, meat only, with added solution, cooked, braised	0,86
13873	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	0,86
17303	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	0,86
05680	Chicken, dark meat, drumstick, meat only, with added solution, cooked, braised	0,86
10014	Pork, fresh, leg (ham), rump half, separable lean only, raw	0,86
13935	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	0,86
17096	Veal, leg (top round), separable lean and fat, cooked, pan-fried, breaded	0,86
23062	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	0,86
23163	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, raw	0,86
05168	Turkey, whole, meat only, cooked, roasted	0,86
05722	Turkey, retail parts, thigh, meat only, cooked, roasted	0,86

NDB_No	Description	Tyrosine(g) Value Per
23142	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	0,86
23234	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	0,86
05319	Chicken, broiler, rotisserie, BBQ, drumstick, meat only	0,86
15151	Crustaceans, shrimp, mixed species, cooked, moist heat (may have been previously frozen)	0,86
05358	Chicken, broiler, rotisserie, BBQ, breast meat and skin	0,86
13235	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, raw	0,86
13422	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	0,86
13460	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	0,86
15184	Fish, tuna, light, canned in water, without salt, drained solids	0,86
23140	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	0,86
05004	Chicken, broilers or fryers, meat and skin and giblets and neck, roasted	0,86
17453	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	0,86
23141	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	0,86
23331	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	0,86
23541	Beef, plate, outside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	0,86
10933	Pork, cured, ham, shank, bone-in, separable lean only, heated, roasted	0,86
13930	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	0,86
15209	Fish, salmon, Atlantic, wild, cooked, dry heat	0,86
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	0,86
23334	Beef, round, eye of round steak, boneless separable lean and fat, trimmed to 0" fat, choice, raw	0,86
10018	Pork, fresh, leg (ham), shank half, separable lean only, raw	0,86
10961	Pork, Shoulder petite tender, boneless, separable lean and fat, raw	0,86
17272	Veal, breast, whole, boneless, separable lean and fat, cooked, braised	0,86
17307	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	0,86
05103	Chicken, broilers or fryers, wing, meat and skin, cooked, roasted	0,86
10957	Pork, Leg Cap Steak, boneless, separable lean and fat, raw	0,86
17227	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	0,86
17311	Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	0,86
23046	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	0,86
23115	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	0,86
17050	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	0,86
17057	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	0,86
05056	Chicken, broilers or fryers, back, meat only, cooked, stewed	0,85
05178	Turkey, liver, all classes, cooked, simmered	0,85
13367	Beef, brisket, whole, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	0,85
13421	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	0,85

NDB_No	Description	Tyrosine(g) Value Per
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	0,85
23173	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, raw	0,85
10066	Pork, fresh, loin, top loin (chops), boneless, separable lean only, raw	0,85
13402	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	0,85
16067	Hyacinth beans, mature seeds, raw	0,85
23188	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	0,85
10225	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, raw	0,85
13985	Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	0,85
15035	Fish, haddock, smoked	0,85
17259	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	0,85
23570	Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned	0,85
05069	Chicken, broilers or fryers, drumstick, meat and skin, cooked, roasted	0,85
05182	Turkey from whole, light meat, meat and skin, cooked, roasted	0,85
05642	Ostrich, ground, cooked, pan-broiled	0,85
05157	Quail, meat and skin, raw	0,85
13927	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	0,85
17255	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked	0,85
23113	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	0,85
05033	Chicken, broilers or fryers, light meat, meat and skin, cooked, stewed	0,85
17295	Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	0,85
23048	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	0,85
23195	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	0,85
23367	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	0,85
23373	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	0,85
23480	Beef, ground, 97% lean meat / 3% fat, loaf, cooked, baked	0,85
13096	Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	0,85
13423	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	0,85
10925	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, heated, pan-broil	0,85
10982	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw	0,85
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	0,85
17083	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, cooked, fast roasted	0,85
05293	Turkey breast, pre-basted, meat and skin, cooked, roasted	0,84
17291	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	0,84
17396	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, cooked, fast roasted	0,84
05099	Chicken, broilers or fryers, thigh, meat only, cooked, stewed	0,84
05114	Chicken, roasting, meat only, cooked, roasted	0,84

NDB_No	Description	Tyrosine(g) Value Per
10087	Pork, fresh, shoulder, blade, boston (roasts), separable lean only, cooked, roasted	0,84
10931	Pork, cured, ham, rump, bone-in, separable lean only, heated, roasted	0,84
23114	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	0,84
13918	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	0,84
23065	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	0,84
01157	Cheese, goat, semisoft type	0,84
05128	Chicken, stewing, giblets, cooked, simmered	0,84
13910	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	0,84
13921	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	0,84
13957	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	0,84
23154	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	0,84
23177	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	0,84
10032	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw	0,84
13914	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	0,84
15205	Fish, pollock, Atlantic, cooked, dry heat	0,84
17405	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, cooked, fast fried	0,84
23344	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	0,84
15218	Fish, sunfish, pumpkin seed, cooked, dry heat	0,84
15241	Fish, trout, rainbow, farmed, cooked, dry heat	0,84
23186	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	0,84
23338	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	0,84
23561	Beef, ground, 95% lean meat / 5% fat, loaf, cooked, baked	0,84
15032	Fish, grouper, mixed species, cooked, dry heat	0,84
15061	Fish, perch, mixed species, cooked, dry heat	0,84
17109	Veal, loin, separable lean only, cooked, roasted	0,84
17139	Veal, sirloin, separable lean only, cooked, roasted	0,84
17235	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	0,84
23499	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, raw	0,84
23647	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	0,84
17042	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	0,84
23058	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	0,84
23060	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	0,84
23468	Beef, New Zealand, imported, striploin, separable lean and fat, cooked, fast fried	0,84
10040	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, raw	0,84
10164	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, raw	0,84
13393	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	0,84

NDB_No	Description	Tyrosine(g) Value Per
15056	Fish, mullet, striped, cooked, dry heat	0,84
17248	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	0,84
05689	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, roasted	0,84
15190	Fish, burbot, cooked, dry heat	0,84
17299	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	0,84
23339	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	0,84
07072	Salami, dry or hard, pork, beef	0,84
15260	Fish, salmon, pink, canned, drained solids	0,84
23054	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	0,84
13912	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	0,83
17073	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, cooked, roasted	0,83
21430	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat only, skin and breading removed	0,83
01046	Cheese food, pasteurized process, American, vitamin D fortified	0,83
01254	Cheese food, pasteurized process, American, without added vitamin D	0,83
15063	Fish, pike, northern, cooked, dry heat	0,83
17127	Veal, shoulder, arm, separable lean only, cooked, roasted	0,83
17169	Game meat, goat, cooked, roasted	0,83
17196	Lamb, variety meats and by-products, kidneys, cooked, braised	0,83
17339	Game meat, elk, ground, cooked, pan-broiled	0,83
05037	Chicken, broilers or fryers, dark meat, meat and skin, cooked, roasted	0,83
05094	Chicken, broilers or fryers, thigh, meat and skin, cooked, roasted	0,83
05191	Turkey, all classes, breast, meat and skin, raw	0,83
05662	Ground turkey, fat free, raw	0,83
17225	Lamb, ground, cooked, broiled	0,83
17287	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	0,83
13392	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	0,83
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	0,83
23035	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	0,83
23038	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	0,83
23040	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	0,83
23245	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	0,83
23475	Beef, ground, 93% lean meat / 7% fat, loaf, cooked, baked	0,83
13953	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	0,83
15042	Fish, herring, Atlantic, kippered	0,83
23575	Beef, ground, 80% lean meat / 20% fat, crumbles, cooked, pan-brownied	0,83
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	0,83

NDB_No	Description	Tyrosine(g) Value Per
05339	Chicken, broiler, rotisserie, BBQ, wing, meat only	0,83
10048	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean only, raw	0,83
10948	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, raw	0,83
16098	Peanut butter, smooth style, with salt	0,83
16398	Peanut butter, smooth style, without salt	0,83
05676	Chicken, broilers or fryers, dark meat, drumstick, meat and skin, cooked, braised	0,83
15204	Fish, pike, walleye, cooked, dry heat	0,83
17020	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	0,83
17447	Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, roasted	0,83
23292	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	0,83
15113	Fish, tilefish, cooked, dry heat	0,83
16052	Broadbeans (fava beans), mature seeds, raw	0,83
17058	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	0,83
21421	KFC, Crispy Chicken Strips	0,83
10980	Pork loin, fresh, backribs, bone-in, raw, lean only	0,83
15223	Fish, whitefish, mixed species, cooked, dry heat	0,83
23387	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	0,83
17273	Veal, breast, plate half, boneless, separable lean and fat, cooked, braised	0,82
17344	Game meat, deer, ground, cooked, pan-broiled	0,82
05070	Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	0,82
10056	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean only, raw	0,82
13851	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	0,82
17002	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, cooked	0,82
17281	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked	0,82
17424	Veal, ground, cooked, pan-fried	0,82
05188	Turkey, from whole, dark meat, cooked, roasted	0,82
05216	Turkey, back, from whole bird, meat only, roasted	0,82
05741	Turkey, thigh, from whole bird, meat only, roasted	0,82
17121	Veal, shoulder, whole (arm and blade), separable lean only, cooked, roasted	0,82
17175	Game meat, muskrat, cooked, roasted	0,82
21425	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat only, skin and breading removed	0,82
10153	Pork, cured, ham, whole, separable lean only, roasted	0,82
10937	Pork, cured, ham, slice, bone-in, separable lean and fat, heated, pan-broil	0,82
10943	Pork, fresh, loin, tenderloin, separable lean only, with added solution, cooked, roasted	0,82
13924	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	0,82
15193	Fish, cusk, cooked, dry heat	0,82

NDB_No	Description	Tyrosine(g) Value Per
15198	Fish, ling, cooked, dry heat	0,82
17166	Game meat, elk, raw	0,82
17037	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	0,82
17045	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	0,82
17063	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, cooked	0,82
17115	Veal, rib, separable lean only, cooked, roasted	0,82
17361	Lamb, New Zealand, imported, chump, boneless, separable lean only, cooked, fast roasted	0,82
23340	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	0,82
10062	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, raw	0,82
13808	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	0,82
15239	Fish, salmon, coho, farmed, cooked, dry heat	0,82
17261	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	0,82
17438	Veal, shoulder, blade chop, separable lean and fat, cooked, grilled	0,82
05166	Turkey, whole, meat and skin, cooked, roasted	0,82
16167	USDA Commodity, Peanut Butter, smooth	0,82
17172	Game meat, moose, raw	0,82
10169	Pork, cured, shoulder, arm picnic, separable lean only, roasted	0,82
10952	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, cooked, roasted	0,82
13955	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	0,82
16097	Peanut butter, chunk style, with salt	0,82
16397	Peanut butter, chunk style, without salt	0,82
17160	Game meat, buffalo, water, raw	0,82
21292	LITTLE CAESARS 14" Cheese Pizza, Thin Crust	0,82
23566	Beef, ground, 90% lean meat / 10% fat, loaf, cooked, baked	0,82
15159	Mollusks, clam, mixed species, cooked, moist heat	0,82
15213	Fish, scup, cooked, dry heat	0,82
17133	Veal, shoulder, blade, separable lean only, cooked, roasted	0,82
15187	Fish, bass, freshwater, mixed species, cooked, dry heat	0,82
17419	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, cooked, fast roasted	0,82
10891	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, unheated	0,82
23151	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	0,82
23426	Beef, New Zealand, imported, manufacturing beef, cooked, boiled	0,82
10989	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw	0,81
05051	Chicken, broilers or fryers, back, meat and skin, cooked, roasted	0,81
23165	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, raw	0,81
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	0,81

NDB_No	Description	Tyrosine(g) Value Per
05161	Squab, (pigeon), meat only, raw	0,81
10224	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, raw	0,81
17124	Veal, shoulder, arm, separable lean and fat, cooked, roasted	0,81
17164	Game meat, deer, raw	0,81
13860	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	0,81
17421	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, cooked, slow roasted	0,81
17462	Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, roasted	0,81
17463	Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	0,81
21443	POPEYES, Fried Chicken, Mild, Drumstick, meat only, skin and breading removed	0,81
05062	Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw	0,81
10874	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, heated, roasted	0,81
15152	Crustaceans, shrimp, mixed species, canned	0,81
23478	Beef, ground, 97% lean meat / 3% fat, patty, cooked, broiled	0,81
02024	Spices, mustard seed, ground	0,81
05672	Chicken, broilers or fryers, dark meat, thigh, meat only, cooked, braised	0,81
17331	Game meat, bison, ground, cooked, pan-broiled	0,81
23342	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	0,81
10104	Pork, fresh, variety meats and by-products, heart, cooked, braised	0,81
13928	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	0,81
23558	Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled	0,81
23580	Beef, ground, 75% lean meat / 25% fat, crumbles, cooked, pan-browned	0,81
05102	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, flour	0,81
13325	Beef, variety meats and by-products, liver, raw	0,81
17118	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted	0,81
23336	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	0,81
05333	Chicken, ground, crumbles, cooked, pan-browned	0,81
23044	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	0,81
23473	Beef, ground, 93% lean meat / 7% fat, patty, cooked, broiled	0,81
05147	Goose, domesticated, meat and skin, cooked, roasted	0,80
15047	Fish, mackerel, Atlantic, cooked, dry heat	0,80
21426	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat only, skin and breading removed	0,80
05349	Chicken, broilers or fryers, drumstick, meat and skin, cooked, rotisserie, original seasoning	0,80
10012	Pork, fresh, leg (ham), rump half, separable lean and fat, raw	0,80
10077	Pork, fresh, shoulder, arm picnic, separable lean only, raw	0,80
13919	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	0,80
13922	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	0,80

NDB_No	Description	Tyrosine(g) Value Per
13925	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	0,80
23563	Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled	0,80
01186	Cheese, cream, fat free	0,80
10130	Canadian bacon, unprepared	0,80
17130	Veal, shoulder, blade, separable lean and fat, cooked, roasted	0,80
17136	Veal, sirloin, separable lean and fat, cooked, roasted	0,80
23479	Beef, ground, 97% lean meat /3% fat, patty, cooked, pan-broiled	0,80
05220	Turkey, breast, from whole bird, meat only, roasted	0,80
05697	Turkey from whole, light meat, meat only, with added solution, cooked, roasted	0,80
05710	Turkey, retail parts, breast, meat only, raw	0,80
05730	Turkey, wing, from whole bird, meat only, with added solution, roasted	0,80
15194	Fish, mahimahi, cooked, dry heat	0,80
15216	Fish, spot, cooked, dry heat	0,80
17244	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	0,80
17329	Lamb, Australian, imported, fresh, shoulder ,blade, separable lean only, trimmed to 1/8" fat, cooked, broiled	0,80
15069	Fish, pompano, florida, cooked, dry heat	0,80
23219	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, raw	0,80
05155	Pheasant, breast, meat only, raw	0,80
15232	Fish, roughy, orange, cooked, dry heat	0,80
15026	Fish, eel, mixed species, cooked, dry heat	0,80
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	0,80
15092	Fish, sea bass, mixed species, cooked, dry heat	0,80
23343	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	0,80
10060	Pork, fresh, loin, tenderloin, separable lean only, raw	0,80
15111	Fish, swordfish, cooked, dry heat	0,80
15126	Fish, tuna, white, canned in water, drained solids	0,80
15186	Fish, tuna, white, canned in water, without salt, drained solids	0,80
23269	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	0,80
23571	Beef, ground, 85% lean meat / 15% fat, loaf, cooked, baked	0,80
05010	Chicken, broilers or fryers, meat and skin, cooked, stewed	0,80
15052	Fish, mackerel, spanish, cooked, dry heat	0,80
10940	Pork, fresh, spareribs, separable lean and fat, cooked, roasted	0,80
23309	Beef, Australian, imported, grass-fed, round, top round cap-off steak/roast, boneless, separable lean only, raw	0,80
23337	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	0,80
10932	Pork, cured, ham, rump, bone-in, separable lean only, unheated	0,79
23559	Beef, ground, 95% lean meat / 5% fat, patty, cooked, pan-broiled	0,79

NDB_No	Description	Tyrosine(g) Value Per
15133	Fish, whiting, mixed species, cooked, dry heat	0,79
17202	Veal, variety meats and by-products, liver, raw	0,79
17337	Game meat, bison, top round, separable lean only, 1" steak, raw	0,79
23003	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, raw	0,79
23388	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	0,79
05743	Turkey, retail parts, thigh, meat and skin, cooked, roasted	0,79
15067	Fish, pollock, Alaska, cooked, dry heat (may have been previously frozen)	0,79
15247	Fish, salmon, coho, wild, cooked, dry heat	0,79
17319	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked	0,79
21431	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat only, skin and breading removed	0,79
23483	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, raw	0,79
17106	Veal, loin, separable lean and fat, cooked, roasted	0,79
05705	Turkey, whole, meat only, with added solution, roasted	0,79
10118	Pork, fresh, variety meats and by-products, spleen, cooked, braised	0,79
10207	Pork, fresh, loin, country-style ribs, separable lean only, raw	0,79
10892	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, unheated	0,79
10938	Pork, cured, ham, slice, bone-in, separable lean only, unheated	0,79
12201	Seeds, sesame seed kernels, dried (decorticated)	0,79
13371	Beef, brisket, point half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	0,79
15131	Fish, whitefish, mixed species, smoked	0,79
05160	Squab, (pigeon), meat and skin, raw	0,79
13231	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, raw	0,79
13387	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, select, cooked, roasted	0,79
15127	Fish, tuna, fresh, yellowfin, raw	0,79
15227	Crustaceans, crab, queen, cooked, moist heat	0,79
17252	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	0,79
23318	Beef, Australian, imported, grass-fed, round, top round cap-off steak/roast, boneless, separable lean and fat, raw	0,79
05005	Chicken, broilers or fryers, meat and skin and giblets and neck, stewed	0,79
10036	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, raw	0,79
05176	Turkey, heart, all classes, cooked, simmered	0,79
05310	Chicken, cornish game hens, meat only, cooked, roasted	0,79
05687	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, braised	0,79
10016	Pork, fresh, leg (ham), shank half, separable lean and fat, raw	0,79
15117	Fish, tuna, fresh, bluefin, raw	0,79
17077	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, cooked, broiled	0,79
23042	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	0,79

NDB_No	Description	Tyrosine(g) Value Per
23474	Beef, ground, 93% lean meat /7% fat, patty, cooked, pan-broiled	0,79
23485	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, raw	0,79
10218	Pork, fresh, loin, tenderloin, separable lean and fat, raw	0,79
10935	Pork, cured, ham, shank, bone-in, separable lean and fat, heated, roasted	0,79
12137	Nuts, mixed nuts, oil roasted, with peanuts, without salt added	0,79
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	0,79
12737	Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	0,79
13494	Beef, ground, 70% lean meat / 30% fat, crumbles, cooked, pan-browned	0,79
13846	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	0,79
16133	Yardlong beans, mature seeds, raw	0,79
23290	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	0,79
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	0,79
05120	Chicken, roasting, dark meat, meat only, cooked, roasted	0,78
10002	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder), separable lean only, raw	0,78
10083	Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted	0,78
05079	Chicken, broilers or fryers, leg, meat and skin, cooked, stewed	0,78
23424	Beef, New Zealand, imported, variety meats and by-products liver, cooked, boiled	0,78
05039	Chicken, broilers or fryers, light meat, meat only, raw	0,78
10873	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, heated, roasted	0,78
15048	Fish, mackerel, jack, canned, drained solids	0,78
16083	Mungo beans, mature seeds, raw	0,78
17370	Lamb, New Zealand, imported, ground lamb, cooked, braised	0,78
13854	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	0,78
17238	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	0,78
15034	Fish, haddock, cooked, dry heat	0,78
15135	Fish, yellowtail, mixed species, raw	0,78
23395	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	0,78
05129	Chicken, stewing, light meat, meat only, raw	0,78
13497	Beef, ground, 70% lean meat / 30% fat, patty, cooked, broiled	0,78
10052	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean and fat, raw	0,78
10071	Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	0,78
10115	Pork, fresh, variety meats and by-products, pancreas, raw	0,78
13648	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	0,78
13649	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	0,78
15040	Fish, herring, Atlantic, cooked, dry heat	0,78
17192	Lamb, variety meats and by-products, heart, cooked, braised	0,78

NDB_No	Description	Tyrosine(g) Value Per
17143	Veal, ground, cooked, broiled	0,78
23007	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw	0,78
23094	Beef, chuck for stew, separable lean and fat, select, raw	0,78
23306	Beef, Australian, imported, grass-fed, loin, top sirloin cap-off steak/roast, boneless, separable lean only, raw	0,78
05184	Turkey, dark meat from whole, meat and skin, cooked, roasted	0,78
10944	Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw	0,78
13832	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	0,78
17053	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	0,78
17144	Game meat, antelope, raw	0,78
17180	Game meat, rabbit, wild, raw	0,78
23564	Beef, ground, 90% lean meat / 10% fat, patty, cooked, pan-broiled	0,78
23576	Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked	0,78
05695	Turkey, dark meat, meat only, with added solution, cooked, roasted	0,78
05725	Turkey, drumstick, from whole bird, meat only, with added solution, roasted	0,78
05728	Turkey, thigh, from whole bird, meat only, with added solution, roasted	0,78
17240	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	0,78
05172	Turkey, whole, giblets, cooked, simmered	0,77
15116	Fish, trout, rainbow, wild, cooked, dry heat	0,77
17223	Veal, variety meats and by-products, tongue, cooked, braised	0,77
05154	Pheasant, raw, meat only	0,77
13840	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	0,77
23303	Beef, Australian, imported, grass-fed, loin, top loin steak/roast, boneless, separable lean only, raw	0,77
05712	Turkey, retail parts, wing, meat only, raw	0,77
10044	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean and fat, raw	0,77
10934	Pork, cured, ham, shank, bone-in, separable lean only, unheated	0,77
15009	Fish, carp, cooked, dry heat	0,77
10929	Pork, cured, ham, rump, bone-in, separable lean and fat, heated, roasted	0,77
13597	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, select, raw	0,77
15016	Fish, cod, Atlantic, cooked, dry heat	0,77
16060	Cowpeas, catjang, mature seeds, raw	0,77
17215	Lamb, variety meats and by-products, spleen, cooked, braised	0,77
17249	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, roasted	0,77
23093	Beef, chuck for stew, separable lean and fat, all grades, raw	0,77
23232	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	0,77
05646	Ostrich, inside strip, raw	0,77
10076	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, roasted	0,77

NDB_No	Description	Tyrosine(g) Value Per
12163	Seeds, pumpkin and squash seeds, whole, roasted, without salt	0,77
12663	Seeds, pumpkin and squash seeds, whole, roasted, with salt added	0,77
23283	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	0,77
05112	Chicken, roasting, meat and skin, cooked, roasted	0,77
05341	Chicken, broilers or fryers, back, meat only, cooked, rotisserie, original seasoning	0,77
23291	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	0,77
13849	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	0,77
15017	Fish, cod, Atlantic, canned, solids and liquid	0,77
23315	Beef, Australian, imported, grass-fed, loin, top sirloin cap-off steak/roast, boneless, separable lean and fat, raw	0,77
05110	Chicken, roasting, meat and skin and giblets and neck, cooked, roasted	0,77
10951	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw	0,77
13647	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	0,77
15188	Fish, bass, striped, cooked, dry heat	0,77
17158	Game meat, boar, wild, raw	0,77
23095	Beef, chuck for stew, separable lean and fat, choice, raw	0,77
13386	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	0,77
13826	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	0,76
13858	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	0,76
23169	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, raw	0,76
23490	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, choice, raw	0,76
02019	Spices, fenugreek seed	0,76
05122	Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	0,76
13831	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	0,76
15199	Fish, lingcod, cooked, dry heat	0,76
16429	Tofu, fried, prepared with calcium sulfate	0,76
17070	Lamb, New Zealand, imported, fore-shank, separable lean only, raw	0,76
17081	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, cooked, fast roasted	0,76
17112	Veal, rib, separable lean and fat, cooked, roasted	0,76
05703	Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted	0,76
10949	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, raw	0,76
15100	Fish, smelt, rainbow, cooked, dry heat	0,76
17245	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	0,76
23001	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	0,76
05030	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, batter	0,76
10972	Pork, ground, 84% lean / 16% fat, raw	0,76
15165	Mollusks, mussel, blue, cooked, moist heat	0,76

NDB_No	Description	Tyrosine(g) Value Per
05708	Turkey, retail parts, breast, meat only, with added solution, raw	0,76
10206	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, roasted	0,76
13595	Beef, brisket, flat half, boneless separable lean only, trimmed to 0" fat, all grades, raw	0,76
23307	Beef, Australian, imported, grass-fed, rib, ribeye steak/roast lip-on, boneless, separable lean only, raw	0,76
05649	Ostrich, outside strip, raw	0,76
10199	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean only, raw	0,76
16062	Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw	0,76
17253	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	0,76
23217	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	0,76
23497	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, raw	0,76
13829	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	0,76
15177	Mollusks, whelk, unspecified, raw	0,76
15195	Fish, drum, freshwater, cooked, dry heat	0,76
15236	Fish, salmon, Atlantic, farmed, raw	0,76
16071	Lima beans, large, mature seeds, raw	0,76
23308	Beef, Australian, imported, grass-fed, round, bottom round steak/roast, boneless, separable lean only, raw	0,76
10028	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw	0,76
13835	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	0,76
15253	Salmon, sockeye, canned, total can contents	0,76
17025	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	0,76
23270	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	0,76
05193	Turkey, all classes, leg, meat and skin, raw	0,76
05359	Chicken, broiler, rotisserie, BBQ, drumstick meat and skin	0,76
12169	Seeds, sesame butter, paste	0,76
13852	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	0,76
15224	Fish, wolffish, Atlantic, cooked, dry heat	0,76
17046	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	0,76
23087	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	0,76
23569	Beef, ground, 85% lean meat / 15% fat, patty, cooked, pan-broiled	0,76
05145	Duck, wild, breast, meat only, raw	0,76
13843	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	0,76
17038	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	0,76
23078	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	0,76
13596	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, choice, raw	0,76
23080	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	0,76
23089	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	0,76

NDB_No	Description	Tyrosine(g) Value Per
23581	Beef, ground, 75% lean meat / 25% fat, loaf, cooked, baked	0,76
05038	Chicken, broilers or fryers, dark meat, meat and skin, cooked, stewed	0,75
23079	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, raw	0,75
13825	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	0,75
13905	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	0,75
17366	Lamb, New Zealand, imported, flap, boneless, separable lean only, raw	0,75
23088	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, raw	0,75
12171	Seeds, sesame butter, tahini, from unroasted kernels (non-chemically removed seed coat)	0,75
13294	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	0,75
17316	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, raw	0,75
05095	Chicken, broilers or fryers, thigh, meat and skin, cooked, stewed	0,75
17363	Lamb, New Zealand, imported, chump, boneless, separable lean only, raw	0,75
02003	Spices, basil, dried	0,75
17150	Game meat, beaver, raw	0,75
23213	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	0,75
05117	Chicken, roasting, light meat, meat only, raw	0,75
13293	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	0,75
23005	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	0,75
23112	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	0,75
05151	Guinea hen, meat and skin, raw	0,75
07019	Chorizo, pork and beef	0,75
10226	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, raw	0,75
13828	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	0,75
13855	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	0,75
15191	Fish, butterfish, cooked, dry heat	0,75
17054	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	0,75
23073	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	0,75
10024	Pork, fresh, loin, whole, separable lean only, raw	0,75
13901	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, prime, raw	0,75
12198	Seeds, sesame butter, tahini, from raw and stone ground kernels	0,75
13349	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	0,75
15237	Fish, salmon, Atlantic, farmed, cooked, dry heat	0,75
23418	Beef, New Zealand, imported, inside, raw	0,75
05345	Chicken, broilers or fryers, thigh, meat only, cooked, rotisserie, original seasoning	0,74
17389	Lamb, New Zealand, imported, loin, boneless, separable lean only, raw	0,74
17406	Lamb, New Zealand, imported, loin chop, separable lean and fat, cooked, fast fried	0,74

NDB_No	Description	Tyrosine(g) Value Per
07958	Turkey sausage, fresh, cooked	0,74
13861	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	0,74
17030	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	0,74
05337	USDA Commodity, Chicken, canned, meat only, with water	0,74
05338	USDA Commodity, Chicken, canned, meat only, with broth	0,74
05648	Ostrich, outside leg, raw	0,74
05707	Turkey, whole, meat and skin, with added solution, roasted	0,74
12023	Seeds, sesame seeds, whole, dried	0,74
15123	Fish, tuna, fresh, skipjack, raw	0,74
15226	Crustaceans, crab, dungeness, cooked, moist heat	0,74
17410	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, raw	0,74
17413	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, cooked, slow roasted	0,74
19031	Snacks, oriental mix, rice-based	0,74
23074	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	0,74
23398	Beef, New Zealand, imported, bolar blade, separable lean only, raw	0,74
05105	Chicken, broilers or fryers, wing, meat only, raw	0,74
15083	Fish, salmon, pink, raw	0,74
17162	Game meat, caribou, raw	0,74
23218	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	0,74
05690	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, braised	0,74
10074	Pork, fresh, shoulder, arm picnic, separable lean and fat, raw	0,74
23281	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	0,74
05002	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, batter	0,74
08580	Incaparina, dry mix (corn and soy flours), unprepared	0,74
10228	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, raw	0,74
12154	Nuts, walnuts, black, dried	0,74
13907	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	0,74
23072	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	0,74
05096	Chicken, broilers or fryers, dark meat, thigh, meat only, raw	0,74
23294	Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean only, raw	0,74
23317	Beef, Australian, imported, grass-fed, round, bottom round steak/roast, boneless, separable lean and fat, raw	0,74
23574	Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled	0,74
13834	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	0,74
23000	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	0,74
10192	Pork, fresh, backribs, separable lean and fat, raw	0,74
10890	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, unheated	0,74

NDB_No	Description	Tyrosine(g) Value Per
10902	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, unheated	0,74
23636	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, raw	0,74
10204	Pork, fresh, loin, country-style ribs, separable lean and fat, raw	0,74
10924	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, heated, roasted	0,74
25016	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Energy Bar, all flavors	0,74
19165	Cocoa, dry powder, unsweetened	0,74
23429	Beef, New Zealand, imported, oyster blade, separable lean only, raw	0,74
23585	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, raw	0,74
05195	Turkey, all classes, wing, meat and skin, raw	0,73
13495	Beef, ground, 70% lean meat / 30% fat, loaf, cooked, baked	0,73
23495	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, raw	0,73
05086	Chicken, broilers or fryers, neck, meat and skin, cooked, fried, flour	0,73
13973	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, raw	0,73
15215	Fish, shad, american, cooked, dry heat	0,73
17241	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	0,73
21445	POPEYES, Fried Chicken, Mild, Thigh, meat only, skin and breading removed	0,73
05007	Chicken, broilers or fryers, meat and skin, cooked, fried, batter	0,73
10152	Pork, cured, ham, whole, separable lean only, unheated	0,73
10876	Pork, cured, ham with natural juices, spiral slice, meat only, boneless, separable lean only, heated, roasted	0,73
17374	Lamb, New Zealand, imported, sweetbread, cooked, soaked and simmered	0,73
17407	Lamb, New Zealand, imported, loin saddle, separable lean and fat, cooked, fast roasted	0,73
17443	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, raw	0,73
13227	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, raw	0,73
13972	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, raw	0,73
17074	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, raw	0,73
23123	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	0,73
23466	Beef, New Zealand, imported, rump centre, separable lean only, raw	0,73
23607	Beef, short loin, top loin steak, separable lean only, trimmed to 1/8" fat, all grades, raw	0,73
15081	Fish, salmon, coho, wild, raw	0,73
17327	Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	0,73
23111	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	0,73
23609	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	0,73
36606	CRACKER BARREL, farm raised catfish platter	0,73
05071	Chicken, broilers or fryers, dark meat, drumstick, meat only, raw	0,73
10110	Pork, fresh, variety meats and by-products, liver, raw	0,73
16074	Lima beans, thin seeded (baby), mature seeds, raw	0,73

NDB_No	Description	Tyrosine(g) Value Per
23122	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	0,73
23183	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, raw	0,73
23282	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	0,73
23616	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	0,73
05156	Pheasant, leg, meat only, raw	0,73
05644	Ostrich, inside leg, raw	0,73
13974	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, raw	0,73
17376	Lamb, New Zealand, imported, testes, cooked, soaked and fried	0,73
23467	Beef, New Zealand, imported, rump centre, separable lean and fat, raw	0,73
02033	Spices, poppy seed	0,73
17199	Lamb, variety meats and by-products, liver, raw	0,73
17460	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, raw	0,73
23124	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	0,73
23627	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	0,73
15214	Fish, seatrout, mixed species, cooked, dry heat	0,72
15217	Fish, sucker, white, cooked, dry heat	0,72
17381	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, raw	0,72
05153	Pheasant, raw, meat and skin	0,72
10923	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, heated, roasted	0,72
10939	Pork, cured, ham, slice, bone-in, separable lean and fat, unheated	0,72
13166	USDA Commodity, beef, canned	0,72
13839	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	0,72
13845	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	0,72
15080	Fish, salmon, chum, canned, drained solids with bone	0,72
15180	Fish, salmon, chum, canned, without salt, drained solids with bone	0,72
01159	Cheese, goat, soft type	0,72
13523	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, raw	0,72
17387	Lamb, New Zealand, imported, loin saddle, separable lean only, raw	0,72
17417	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, cooked, slow roasted	0,72
23617	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, raw	0,72
05011	Chicken, broilers or fryers, meat only, raw	0,72
05294	Turkey thigh, pre-basted, meat and skin, cooked, roasted	0,72
13519	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	0,72
17446	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, raw	0,72
23313	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	0,72
23417	Beef, New Zealand, imported, hind shin, separable lean only, raw	0,72

NDB_No	Description	Tyrosine(g) Value Per
23482	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, raw	0,72
05692	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, roasted	0,72
05701	Turkey, dark meat from whole, meat and skin, with added solution, cooked, roasted	0,72
05732	Turkey, retail parts, breast, meat and skin, raw	0,72
13520	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	0,72
15206	Fish, pout, ocean, cooked, dry heat	0,72
23579	Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled	0,72
23597	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	0,72
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	0,72
10903	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, unheated	0,72
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	0,72
23171	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, raw	0,72
23513	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, raw	0,72
23594	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	0,72
05125	Chicken, stewing, meat only, raw	0,72
05627	Emu, full rump, cooked, broiled	0,72
05654	Ostrich, tenderloin, raw	0,72
10927	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	0,72
15238	Fish, salmon, coho, farmed, raw	0,72
17334	Game meat, bison, chuck, shoulder clod, separable lean only, raw	0,72
23230	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	0,72
23582	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, raw	0,72
07927	Sausage, Italian, turkey, smoked	0,72
10955	Pork, cured, ham, rump, bone-in, separable lean and fat, unheated	0,72
17369	Lamb, New Zealand, imported, liver, raw	0,72
23413	Beef, New Zealand, imported, flat, separable lean only, raw	0,72
23431	Beef, New Zealand, imported, ribs prepared, raw	0,72
05677	Chicken, broilers or fryers, dark meat, thigh, meat and skin, cooked, braised	0,72
23295	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	0,72
23440	Beef, New Zealand, imported, oyster blade, separable lean and fat, raw	0,72
23447	Beef, New Zealand, imported, bolar blade, separable lean and fat, raw	0,72
05653	Ostrich, round, raw	0,72
10868	Pork, cured, ham -- water added, slice, bone-in, separable lean only, heated, pan-broil	0,72
13334	Beef, variety meats and by-products, spleen, cooked, braised	0,72
17082	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, raw	0,72
17383	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, raw	0,72

NDB_No	Description	Tyrosine(g) Value Per
23302	Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean and fat, raw	0,72
23311	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	0,72
10010	Pork, fresh, leg (ham), whole, separable lean only, raw	0,71
16080	Mung beans, mature seeds, raw	0,71
17177	Game meat, rabbit, domesticated, composite of cuts, raw	0,71
17397	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, raw	0,71
23067	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	0,71
23427	Beef, New Zealand, imported, manufacturing beef, raw	0,71
10084	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw	0,71
16035	Beans, kidney, royal red, mature seeds, raw	0,71
23441	Beef, New Zealand, imported, tenderloin, separable lean only, raw	0,71
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	0,71
15084	Fish, salmon, pink, canned, total can contents	0,71
05035	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, batter	0,71
05049	Chicken, broilers or fryers, back, meat and skin, cooked, fried, batter	0,71
05076	Chicken, broilers or fryers, leg, meat and skin, cooked, fried, batter	0,71
05080	Chicken, broilers or fryers, leg, meat only, raw	0,71
05308	Chicken, cornish game hens, meat and skin, cooked, roasted	0,71
05314	Chicken, broilers or fryers, breast, skinless, boneless, meat only, with added solution, raw	0,71
05655	Ostrich, tip trimmed, raw	0,71
13284	Beef, rib eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, raw	0,71
16085	Peas, green, split, mature seeds, raw	0,71
17385	Lamb, New Zealand, imported, tenderloin, separable lean only, raw	0,71
17392	Lamb, New Zealand, imported, neck chops, separable lean only, raw	0,71
23599	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, raw	0,71
23635	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, raw	0,71
07921	Bacon and beef sticks	0,71
07941	Salami, Italian, pork and beef, dry, sliced, 50% less sodium	0,71
12024	Seeds, sesame seeds, whole, roasted and toasted	0,71
12029	Seeds, sesame seed kernels, toasted, without salt added (decorticated)	0,71
12034	Seeds, sesame meal, partially defatted	0,71
12529	Seeds, sesame seed kernels, toasted, with salt added (decorticated)	0,71
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	0,71
17268	Game meat, bison, ribeye, separable lean only, trimmed to 0" fat, raw	0,71
17401	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, cooked, braised	0,71
23584	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	0,71

NDB_No	Description	Tyrosine(g) Value Per
05643	Ostrich, fan, raw	0,71
13983	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, select, raw	0,71
15197	Fish, herring, Pacific, cooked, dry heat	0,71
23631	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, raw	0,71
15095	Fish, shark, mixed species, raw	0,71
17009	Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, raw	0,71
17423	Lamb, New Zealand, imported, tenderloin, separable lean and fat, raw	0,71
23471	Beef, New Zealand, imported, tenderloin, separable lean and fat, raw	0,71
23494	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, raw	0,71
23618	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	0,71
05285	Turkey, diced, light and dark meat, seasoned	0,71
05717	Turkey, retail parts, thigh, meat only, raw	0,71
13898	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	0,71
17391	Lamb, New Zealand, imported, hind-shank, separable lean only, raw	0,71
23194	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	0,71
23637	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, select, raw	0,71
05104	Chicken, broilers or fryers, wing, meat and skin, cooked, stewed	0,71
17312	Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, raw	0,71
23051	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, raw	0,71
23226	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, raw	0,71
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	0,70
05657	Ostrich, top loin, raw	0,70
23601	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	0,70
23623	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, choice, raw	0,70
23624	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	0,70
10881	Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted	0,70
15240	Fish, trout, rainbow, farmed, raw	0,70
17371	Lamb, New Zealand, imported, ground lamb, raw	0,70
17426	Veal, leg, top round, cap off, cutlet, boneless, raw	0,70
20078	Wheat germ, crude	0,70
23403	Beef, New Zealand, imported, brisket point end, separable lean only, raw	0,70
23434	Beef, New Zealand, imported, striploin, separable lean only, raw	0,70
23603	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, raw	0,70
23611	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	0,70
05185	Turkey from whole, light meat, raw	0,70
05219	Turkey, breast, from whole bird, meat only, raw	0,70

NDB_No	Description	Tyrosine(g) Value Per
05227	Turkey, wing, from whole bird, meat only, raw	0,70
05738	Turkey, drumstick, from whole bird, meat only, raw	0,70
13496	Beef, ground, 70% lean meat / 30% fat, patty cooked, pan-broiled	0,70
13891	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	0,70
15036	Fish, halibut, Atlantic and Pacific, raw	0,70
17441	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, raw	0,70
23201	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	0,70
23583	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	0,70
17026	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, raw	0,70
05651	Ostrich, oyster, raw	0,70
13842	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	0,70
13904	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	0,70
15114	Fish, trout, mixed species, raw	0,70
16426	Tofu, raw, firm, prepared with calcium sulfate	0,70
17288	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, raw	0,70
17395	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, raw	0,70
23032	Beef, round, knuckle, tip side, steak, separable lean and fat , trimmed to 0" fat, select, raw	0,70
23612	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, raw	0,70
05277	Chicken, canned, meat only, with broth	0,70
07074	Smoked link sausage, pork	0,70
13499	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw	0,70
13894	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	0,70
13903	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	0,70
15105	Fish, sturgeon, mixed species, cooked, dry heat	0,70
23068	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	0,70
23625	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	0,70
05152	Guinea hen, meat only, raw	0,70
17064	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, raw	0,70
17107	Veal, loin, separable lean only, raw	0,70
21427	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat only, skin and breading removed	0,70
05052	Chicken, broilers or fryers, back, meat and skin, cooked, stewed	0,70
05141	Duck, domesticated, meat only, raw	0,70
05305	Ground turkey, raw	0,70
05352	Chicken, broilers or fryers, wing, meat and skin, cooked, rotisserie, original seasoning	0,70
10936	Pork, cured, ham, shank, bone-in, separable lean and fat, unheated	0,70
10946	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution, raw	0,70

NDB_No	Description	Tyrosine(g) Value Per
13023	Beef, brisket, whole, separable lean only, all grades, raw	0,70
17068	Lamb, New Zealand, imported, fore-shank, separable lean and fat, raw	0,70
17444	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, raw	0,70
05295	Turkey roast, boneless, frozen, seasoned, light and dark meat, raw	0,70
10865	Pork, cured, ham -- water added, rump, bone-in, separable lean only, heated, roasted	0,70
13863	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	0,70
13975	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	0,70
15222	Fish, turbot, european, cooked, dry heat	0,70
17156	Game meat, bison, separable lean only, raw	0,70
05727	Turkey, retail parts, breast, meat and skin, with added solution, raw	0,69
07052	Pastrami, turkey	0,69
10138	Pork, cured, ham, extra lean (approximately 4% fat), canned, roasted	0,69
13848	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	0,69
16107	Sausage, meatless	0,69
17308	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, raw	0,69
15053	Fish, milkfish, raw	0,69
23463	Beef, New Zealand, imported, hind shin, separable lean and fat, raw	0,69
13068	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, raw	0,69
13889	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	0,69
15101	Fish, snapper, mixed species, raw	0,69
17000	Veal, Australian, rib, rib roast, separable lean only, raw	0,69
17078	Lamb, New Zealand, imported, loin chop, separable lean only, raw	0,69
23461	Beef, New Zealand, imported, flat, separable lean and fat, raw	0,69
05629	Emu, inside drums, cooked, broiled	0,69
05682	Chicken, dark meat, thigh, meat only, with added solution, raw	0,69
13864	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, raw	0,69
13866	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, raw	0,69
13879	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	0,69
15115	Fish, trout, rainbow, wild, raw	0,69
15182	Fish, salmon, sockeye, canned, without salt, drained solids with bone	0,69
17013	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, raw	0,69
17021	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, raw	0,69
23055	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	0,69
23231	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	0,69
23304	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	0,69
23411	Beef, New Zealand, imported, flank, separable lean only, raw	0,69

NDB_No	Description	Tyrosine(g) Value Per
23613	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, raw	0,69
10877	Pork, cured, ham and water product, rump, bone-in, separable lean only, heated, roasted	0,69
17017	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, raw	0,69
23425	Beef, New Zealand, imported, variety meats and by-products, liver, raw	0,69
13356	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, raw	0,69
17420	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, raw	0,69
17149	Bison, ground, grass-fed, raw	0,69
17267	Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw	0,69
17300	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, raw	0,69
23063	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	0,69
05174	Turkey, gizzard, all classes, cooked, simmered	0,69
10134	Pork, cured, ham, boneless, extra lean (approximately 5% fat), roasted	0,69
13148	Beef, rib, shortribs, separable lean and fat, choice, cooked, braised	0,69
15001	Fish, anchovy, european, raw	0,69
17292	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, raw	0,69
17296	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, raw	0,69
23066	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	0,69
23596	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, raw	0,69
23656	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, raw	0,69
05113	Chicken, roasting, meat only, raw	0,69
07071	Salami, dry or hard, pork	0,69
07926	Salami, Italian, pork	0,69
10185	Pork, cured, ham, extra lean and regular, canned, roasted	0,69
13331	Beef, variety meats and by-products, pancreas, raw	0,69
16030	Beans, kidney, california red, mature seeds, raw	0,69
17304	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, raw	0,69
17458	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	0,69
21273	PIZZA HUT 12" Cheese Pizza, THIN 'N CRISPY Crust	0,69
21432	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat only, skin and breading removed	0,69
13877	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	0,68
15049	Fish, mackerel, king, raw	0,68
15154	Crustaceans, spiny lobster, mixed species, raw	0,68
17364	Lamb, New Zealand, imported, kidney, cooked, soaked and fried	0,68
05057	Chicken, broilers or fryers, breast, meat and skin, raw	0,68
23632	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, raw	0,68
13355	Beef, cured, pastrami	0,68

NDB_No	Description	Tyrosine(g) Value Per
17086	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, raw	0,68
23657	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, raw	0,68
01126	Egg, yolk, raw, frozen, pasteurized	0,68
13359	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, raw	0,68
13795	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, raw	0,68
15097	Fish, sheepshead, raw	0,68
15142	Crustaceans, crab, blue, crab cakes, home recipe	0,68
17003	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, raw	0,68
23030	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, raw	0,68
10072	Pork, fresh, shoulder, whole, separable lean only, raw	0,68
23653	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, raw	0,68
10194	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean and fat, raw	0,68
10882	Pork, cured, ham with natural juices, slice, boneless, separable lean only, heated, pan-broil	0,68
15079	Fish, salmon, chum, raw	0,68
15261	Fish, tilapia, raw	0,68
17282	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, raw	0,68
17338	Game meat, elk, ground, raw	0,68
23202	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	0,68
23650	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, raw	0,68
10867	Pork, cured, ham -- water added, shank, bone-in, separable lean only, heated, roasted	0,68
13881	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, raw	0,68
15192	Fish, cod, Pacific, cooked, dry heat (may have been previously frozen)	0,68
17059	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, raw	0,68
17099	Veal, leg (top round), separable lean only, raw	0,68
01125	Egg, yolk, raw, fresh	0,68
05043	Chicken, broilers or fryers, dark meat, meat only, raw	0,68
10869	Pork, cured, ham and water product, slice, bone-in, separable lean only, heated, pan-broil	0,68
15050	Fish, mackerel, Pacific and jack, mixed species, raw	0,68
17269	Game meat, bison, shoulder clod, separable lean only, trimmed to 0" fat, raw	0,68
19166	Cocoa, dry powder, unsweetened, processed with alkali	0,68
23409	Beef, New Zealand, imported, eye round, separable lean only, raw	0,68
23448	Beef, New Zealand, imported, brisket navel end, separable lean and fat, cooked, braised	0,68
05351	Chicken, broilers or fryers, thigh, meat and skin, cooked, rotisserie, original seasoning	0,68
10926	Pork, cured, ham with natural juices, slice, boneless, separable lean and fat, heated, pan-broil	0,68
15078	Fish, salmon, chinook, raw	0,68
23049	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, raw	0,68

NDB_No	Description	Tyrosine(g) Value Per
23459	Beef, New Zealand, imported, flank, separable lean and fat, raw	0,68
23477	Beef, ground, 97% lean meat / 3% fat, raw	0,68
23646	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, raw	0,68
05309	Chicken, cornish game hens, meat only, raw	0,68
10020	Pork, fresh, loin, whole, separable lean and fat, raw	0,68
12135	Nuts, mixed nuts, dry roasted, with peanuts, without salt added	0,68
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	0,68
13065	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, raw	0,68
13097	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, raw	0,68
13970	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	0,68
13971	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, raw	0,68
15005	Fish, bluefish, raw	0,68
17343	Game meat, deer, ground, raw	0,68
07046	Turkey breast, low salt, prepackaged or deli, luncheon meat	0,68
21435	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat and skin with breading	0,68
23192	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	0,68
23451	Beef, New Zealand, imported, brisket point end, separable lean and fat, raw	0,68
23648	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, raw	0,68
10140	Pork, cured, ham, regular (approximately 13% fat), canned, roasted	0,67
15148	Crustaceans, lobster, northern, cooked, moist heat	0,67
23039	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, raw	0,67
05167	Turkey, whole, meat only, raw	0,67
17032	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, raw	0,67
17047	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, raw	0,67
23651	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, raw	0,67
10915	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, heated, pan-broil	0,67
15076	Fish, salmon, Atlantic, wild, raw	0,67
17170	Game meat, horse, raw	0,67
23224	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	0,67
25021	Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE	0,67
17094	Veal, leg (top round), separable lean and fat, raw	0,67
23310	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean only, Aust. marble score 9, raw	0,67
23457	Beef, New Zealand, imported, eye round, separable lean and fat, raw	0,67
01019	Cheese, feta	0,67
05180	Turkey from whole, neck, meat only, cooked, simmered	0,67
10883	Pork, cured, ham with natural juices, whole, boneless, separable lean only, heated, roasted	0,67

NDB_No	Description	Tyrosine(g) Value Per
13797	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	0,67
15110	Fish, swordfish, raw	0,67
15181	Fish, salmon, pink, canned, without salt, solids with bone and liquid	0,67
17324	Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, raw	0,67
20033	Oat bran, raw	0,67
23047	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, raw	0,67
05624	Emu, fan fillet, cooked, broiled	0,67
10928	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, heated, roasted	0,67
16144	Lentils, pink or red, raw	0,67
17263	Lamb, New Zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	0,67
23036	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, raw	0,67
23061	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	0,67
07033	Ham and cheese spread	0,67
12036	Seeds, sunflower seed kernels, dried	0,67
05131	Chicken, stewing, dark meat, meat only, raw	0,66
23407	Beef, New Zealand, imported, cube roll, separable lean only, raw	0,66
01139	Egg, goose, whole, fresh, raw	0,66
10183	Pork, cured, ham, boneless, extra lean and regular, roasted	0,66
13791	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, raw	0,66
16027	Beans, kidney, all types, mature seeds, raw	0,66
16114	Tempeh	0,66
17314	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	0,66
21437	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat and skin with breading	0,66
23401	Beef, New Zealand, imported, brisket navel end, separable lean only, raw	0,66
05665	Ground turkey, 93% lean, 7% fat, raw	0,66
10080	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, raw	0,66
13488	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, raw	0,66
13887	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, select, raw	0,66
21434	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat and skin with breading	0,66
21456	POPEYES, Fried Chicken, Mild, Breast, meat and skin with breading	0,66
23193	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	0,66
10142	Pork, cured, ham, center slice, separable lean and fat, unheated	0,66
23104	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	0,66
23110	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, raw	0,66
05066	Chicken, broilers or fryers, drumstick, meat and skin, raw	0,66
07057	Pepperoni, beef and pork, sliced	0,66

NDB_No	Description	Tyrosine(g) Value Per
13786	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw	0,66
23045	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, raw	0,66
23102	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	0,66
23652	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, raw	0,66
01016	Cheese, cottage, lowfat, 1% milkfat	0,66
05053	Chicken, broilers or fryers, back, meat only, raw	0,66
05143	Duck, domesticated, liver, raw	0,66
13788	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, raw	0,66
13868	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	0,66
13871	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	0,66
23103	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	0,66
13874	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	0,66
13883	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, all grades, raw	0,66
13934	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	0,66
15070	Fish, rockfish, Pacific, mixed species, raw	0,66
23057	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, raw	0,66
23139	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	0,66
23557	Beef, ground, 95% lean meat / 5% fat, raw	0,66
05334	Chicken, broiler, rotisserie, BBQ, thigh, meat only	0,66
05678	Chicken, dark meat, drumstick, meat only, with added solution, raw	0,66
13954	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, raw	0,66
13956	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, raw	0,66
13958	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, raw	0,66
15058	Fish, ocean perch, Atlantic, cooked, dry heat	0,66
15140	Crustaceans, crab, blue, cooked, moist heat	0,66
15141	Crustaceans, crab, blue, canned	0,66
16049	Beans, white, mature seeds, raw	0,66
16069	Lentils, raw	0,66
05641	Ostrich, ground, raw	0,66
13909	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	0,66
13911	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	0,66
17039	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, raw	0,66
17217	Veal, variety meats and by-products, spleen, cooked, braised	0,66
05347	Chicken, broilers or fryers, back, meat and skin, cooked, rotisserie, original seasoning	0,66
13799	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, raw	0,66
15065	Fish, pollock, Atlantic, raw	0,66

NDB_No	Description	Tyrosine(g) Value Per
36004	APPLEBEE'S, mozzarella sticks	0,66
05029	Chicken, broilers or fryers, light meat, meat and skin, raw	0,66
15060	Fish, perch, mixed species, raw	0,66
15108	Fish, sunfish, pumpkin seed, raw	0,66
17454	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, raw	0,66
23108	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, raw	0,66
10003	Pork, fresh, composite of trimmed leg, loin, shoulder, and spareribs, (includes cuts to be cured), separable lean and fat, raw	0,65
10953	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat,with added solution, raw	0,65
13885	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, choice, raw	0,65
15031	Fish, grouper, mixed species, raw	0,65
23034	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, raw	0,65
23053	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, raw	0,65
23137	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	0,65
23225	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	0,65
05027	Chicken, liver, all classes, raw	0,65
13486	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, raw	0,65
15055	Fish, mullet, striped, raw	0,65
15006	Fish, burbot, raw	0,65
16147	Veggie burgers or soyburgers, unprepared	0,65
10136	Pork, cured, ham, boneless, regular (approximately 11% fat), roasted	0,65
15051	Fish, mackerel, spanish, raw	0,65
23138	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	0,65
23323	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean and fat, Aust. marble score 9, raw	0,65
05144	Duck, wild, meat and skin, raw	0,65
07961	Chicken breast, deli, rotisserie seasoned, sliced, prepackaged	0,65
15062	Fish, pike, northern, raw	0,65
17320	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, raw	0,65
21438	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat and skin with breading	0,65
23037	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, raw	0,65
23109	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, raw	0,65
23143	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	0,65
23144	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	0,65
23145	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	0,65
17310	Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, raw	0,65
17351	Veal, Australian, shank, hind, bone-in, separable lean only, raw	0,65
10187	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, raw	0,65

NDB_No	Description	Tyrosine(g) Value Per
16019	Beans, cranberry (roman), mature seeds, raw	0,65
17055	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, raw	0,65
10913	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, heated, roasted	0,65
13929	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	0,65
36057	CARRABBA'S ITALIAN GRILL, chicken parmesan without cavatappi pasta	0,65
15064	Fish, pike, walleye, raw	0,65
17072	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, raw	0,65
17140	Veal, cubed for stew (leg and shoulder), separable lean only, raw	0,65
23316	Beef, Australian, imported, grass-fed, rib, ribeye steak/roast lip-on, boneless, separable lean and fat, raw	0,65
07060	Luxury loaf, pork	0,64
15130	Fish, whitefish, mixed species, raw	0,64
15137	Crustaceans, crab, alaska king, cooked, moist heat	0,64
17090	Veal, composite of trimmed retail cuts, separable lean only, raw	0,64
17137	Veal, sirloin, separable lean only, raw	0,64
17306	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	0,64
17349	Veal, Australian, shank, fore, bone-in, separable lean only, raw	0,64
17456	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	0,64
02005	Spices, caraway seed	0,64
13487	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, raw	0,64
17328	Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, raw	0,64
23238	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw	0,64
23305	Beef, Australian, imported, grass-fed, loin, top loin steak/roast, boneless, separable lean and fat, raw	0,64
23472	Beef, ground, 93% lean meat / 7% fat, raw	0,64
10149	Pork, cured, ham, steak, boneless, extra lean, unheated	0,64
15013	Fish, cisco, raw	0,64
15022	Fish, cusk, raw	0,64
15044	Fish, ling, raw	0,64
05140	Duck, domesticated, meat and skin, cooked, roasted	0,64
05696	Turkey from whole, light meat, meat only, with added solution, raw	0,64
05718	Turkey, breast, from whole bird, meat only, with added solution, roasted	0,64
05721	Turkey, breast, from whole bird, meat only, with added solution, raw	0,64
05729	Turkey, wing, from whole bird, meat only, with added solution, raw	0,64
10920	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, heated, pan-broil	0,64
13149	Beef, rib, shortribs, separable lean only, choice, raw	0,64
17104	Veal, loin, separable lean and fat, raw	0,64
17422	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, raw	0,64

NDB_No	Description	Tyrosine(g) Value Per
17125	Veal, shoulder, arm, separable lean only, raw	0,64
17221	Lamb, variety meats and by-products, tongue, cooked, braised	0,64
23444	Beef, New Zealand, imported, variety meats and by-products, tripe cooked, boiled	0,64
13915	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, prime, raw	0,64
15033	Fish, haddock, raw	0,64
17232	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, raw	0,64
10168	Pork, cured, shoulder, arm picnic, separable lean and fat, roasted	0,64
15003	Fish, bass, fresh water, mixed species, raw	0,64
15090	Fish, scup, raw	0,64
17113	Veal, rib, separable lean only, raw	0,64
17404	Lamb, New Zealand, imported, hind-shank, separable lean and fat, raw	0,64
21441	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat and skin with breading	0,64
43273	Cheese, cottage, with vegetables	0,64
17007	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, raw	0,64
17228	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, choice, raw	0,64
05313	Chicken, wing, frozen, glazed, barbecue flavored, heated (microwave)	0,64
17183	Game meat, squirrel, raw	0,64
17330	Game meat , bison, ground, raw	0,64
12005	Seeds, breadnut tree seeds, dried	0,63
16032	Beans, kidney, red, mature seeds, raw	0,63
17360	Lamb, New Zealand, imported, breast, separable lean only, raw	0,63
36012	Restaurant, family style, fried mozzarella sticks	0,63
05119	Chicken, roasting, dark meat, meat only, raw	0,63
05353	USDA Commodity, chicken fajita strips, frozen	0,63
15096	Fish, shark, mixed species, cooked, batter-dipped and fried	0,63
17168	Goat, raw	0,63
17286	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	0,63
05187	Turkey from whole, dark meat, meat only, raw	0,63
05215	Turkey, back from whole bird, meat only, raw	0,63
05740	Turkey, thigh, from whole bird, meat only, raw	0,63
13920	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	0,63
05100	Chicken, broilers or fryers, wing, meat and skin, raw	0,63
10884	Pork, cured, ham with natural juices, whole, boneless, separable lean only, unheated	0,63
10904	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, unheated	0,63
17119	Veal, shoulder, whole (arm and blade), separable lean only, raw	0,63
21439	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat and skin with breading	0,63

NDB_No	Description	Tyrosine(g) Value Per
16109	Soybeans, mature cooked, boiled, without salt	0,63
16409	Soybeans, mature seeds, cooked, boiled, with salt	0,63
17258	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	0,63
17428	Veal, shank, separable lean only, raw	0,63
10900	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, unheated	0,63
15121	Fish, tuna, light, canned in water, drained solids	0,63
07066	Turkey sausage, reduced fat, brown and serve, cooked (include BUTTERBALL breakfast links turkey sausage)	0,63
15046	Fish, mackerel, Atlantic, raw	0,63
17080	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, raw	0,63
05165	Turkey, whole, meat and skin, raw	0,63
05181	Turkey from whole, light meat, meat and skin, raw	0,63
15156	Mollusks, abalone, mixed species, cooked, fried	0,63
15203	Fish, monkfish, cooked, dry heat	0,63
17373	Lamb, New Zealand, imported, heart, raw	0,63
21092	Fast foods, cheeseburger; double, regular patty; plain	0,63
36008	T.G.I. FRIDAY'S, fried mozzarella	0,63
10893	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean only, unheated	0,62
10918	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, heated, roasted	0,62
13913	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw	0,62
13917	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	0,62
15023	Fish, mahimahi, raw	0,62
15089	Fish, sardine, Pacific, canned in tomato sauce, drained solids with bone	0,62
15103	Fish, spot, raw	0,62
17131	Veal, shoulder, blade chop, separable lean only, raw	0,62
17294	Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, raw	0,62
21457	POPEYES, Fried Chicken, Mild, Drumstick, meat and skin with breading	0,62
23314	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean only, Aust. marble score 9, raw	0,62
05742	Turkey, retail parts, thigh, meat and skin, raw	0,62
15068	Fish, pompano, florida, raw	0,62
15233	Fish, catfish, channel, wild, cooked, dry heat	0,62
17015	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, raw	0,62
17412	Lamb, New Zealand, imported, neck chops, separable lean and fat, raw	0,62
21459	POPEYES, Fried Chicken, Mild, Wing, meat and skin with breading	0,62
13856	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, raw	0,62
15025	Fish, eel, mixed species, raw	0,62
23415	Beef, New Zealand, imported, variety meats and by-products, heart, raw	0,62

NDB_No	Description	Tyrosine(g) Value Per
15011	Fish, catfish, channel, cooked, breaded and fried	0,62
15091	Fish, sea bass, mixed species, raw	0,62
15196	Fish, halibut, greenland, cooked, dry heat	0,62
20088	Wild rice, raw	0,62
23469	Beef, New Zealand, imported, striploin, separable lean and fat, raw	0,62
15021	Fish, croaker, Atlantic, cooked, breaded and fried	0,62
17187	Lamb, variety meats and by-products, brain, cooked, pan-fried	0,62
17230	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, raw	0,62
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	0,62
05632	Emu, top loin, cooked, broiled	0,62
05704	Turkey, whole, meat only, with added solution, raw	0,62
16047	Beans, yellow, mature seeds, raw	0,62
13803	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, raw	0,62
15132	Fish, whiting, mixed species, raw	0,62
19147	Candies, peanut bar	0,62
23043	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, raw	0,62
13923	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	0,62
13931	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	0,62
15077	Fish, salmon, chinook, smoked	0,62
15179	Fish, salmon, chinook, smoked, (lox), regular	0,62
17088	Veal, composite of trimmed retail cuts, separable lean and fat, raw	0,62
17122	Veal, shoulder, arm, separable lean and fat, raw	0,62
07020	Corned beef loaf, jellied	0,62
13813	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, raw	0,62
13850	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	0,62
15144	Crustaceans, crab, queen, raw	0,62
17302	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, raw	0,62
23130	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	0,62
23442	Beef, New Zealand, imported, variety meats and by-products, tongue, cooked, boiled	0,62
23562	Beef, ground, 90% lean meat / 10% fat, raw	0,62
05135	Chicken, capons, meat and skin, raw	0,62
16024	Beans, great northern, mature seeds, raw	0,62
17435	Veal, shank, separable lean and fat, raw	0,62
11615	Chives, freeze-dried	0,61
17116	Veal, shoulder, whole (arm and blade), separable lean and fat, raw	0,61
17278	Veal, shank (fore and hind), separable lean only, raw	0,61

NDB_No	Description	Tyrosine(g) Value Per
01138	Egg, duck, whole, fresh, raw	0,61
07090	Luncheon sausage, pork and beef	0,61
13805	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	0,61
17290	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	0,61
23455	Beef, New Zealand, imported, cube roll, separable lean and fat, raw	0,61
15109	Fish, surimi	0,61
15235	Fish, catfish, channel, farmed, cooked, dry heat	0,61
17352	Veal, Australian, shank, hind, bone-in, separable lean and fat	0,61
10878	Pork, cured, ham -- water added, slice, boneless, separable lean only, heated, pan-broil	0,61
23293	Beef, Australian, imported, grass-fed, ground, 85% lean / 15% fat, raw	0,61
13358	Beef, cured, smoked, chopped beef	0,61
13926	Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, prime, raw	0,61
17276	Veal, shank (fore and hind), separable lean and fat, raw	0,61
36052	Restaurant, Mexican, cheese quesadilla	0,61
05085	Chicken, broilers or fryers, neck, meat and skin, cooked, fried, batter	0,61
05137	Chicken, capons, giblets, raw	0,61
05716	Turkey, retail parts, drumstick, meat only, raw	0,61
07919	Sausage, turkey, breakfast links, mild	0,61
15136	Crustaceans, crab, alaska king, raw	0,61
13853	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	0,61
16014	Beans, black, mature seeds, raw	0,61
17134	Veal, sirloin, separable lean and fat, raw	0,61
05622	Emu, ground, cooked, pan-broiled	0,61
10137	Pork, cured, ham, extra lean (approximately 4% fat), canned, unheated	0,61
17378	Lamb, New Zealand, imported, tongue - swiss cut, cooked, soaked and simmered	0,61
07008	Bologna, beef and pork	0,61
15039	Fish, herring, Atlantic, raw	0,61
17256	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	0,61
17350	Veal, Australian, shank, fore, bone-in, separable lean and fat, raw	0,61
36611	DENNY'S, mozzarella cheese sticks	0,61
05173	Turkey, gizzard, all classes, raw	0,60
07070	Salami, cooked, turkey	0,60
10885	Pork, cured, ham -- water added, shank, bone-in, separable lean only, unheated	0,60
15231	Mollusks, oyster, Pacific, cooked, moist heat	0,60
23059	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	0,60
01012	Cheese, cottage, creamed, large or small curd	0,60

NDB_No	Description	Tyrosine(g) Value Per
05332	Chicken, ground, raw	0,60
17197	Veal, variety meats and by-products, kidneys, raw	0,60
05133	Chicken, capons, meat and skin and giblets and neck, raw	0,60
05362	Chicken, broiler, rotisserie, BBQ, wing meat and skin	0,60
05734	Turkey, retail parts, wing, meat and skin, raw	0,60
10901	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, unheated	0,60
10916	Pork, cured, ham -- water added, slice, boneless, separable lean and fat, heated, pan-broil	0,60
17254	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw	0,60
23128	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	0,60
15008	Fish, carp, raw	0,60
17011	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, raw	0,60
23236	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, raw	0,60
05688	Chicken, dark meat, drumstick, meat and skin, with added solution, raw	0,60
15015	Fish, cod, Atlantic, raw	0,60
15139	Crustaceans, crab, blue, raw	0,60
17110	Veal, rib, separable lean and fat, raw	0,60
21101	Fast foods, cheeseburger; triple, regular patty; plain	0,60
02066	Spearmint, dried	0,60
15020	Fish, croaker, Atlantic, raw	0,60
23312	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean only, Aust. marble score 9, raw	0,60
05668	Ground turkey, 85% lean, 15% fat, raw	0,60
15004	Fish, bass, striped, raw	0,60
17280	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw	0,60
10182	Pork, cured, ham, boneless, extra lean and regular, unheated	0,60
13809	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	0,60
16016	Beans, black turtle, mature seeds, raw	0,60
23443	Beef, New Zealand, imported, variety meats and by-products, tongue, raw	0,60
01160	Egg, yolk, raw, frozen, salted, pasteurized	0,60
05006	Chicken, broilers or fryers, meat and skin, raw	0,60
15157	Mollusks, clam, mixed species, raw	0,60
17128	Veal, shoulder, blade chop, separable lean and fat, raw	0,60
23041	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, raw	0,60
01037	Cheese, ricotta, part skim milk	0,60
15045	Fish, lingcod, raw	0,60
15075	Fish, sablefish, smoked	0,60
19407	Snacks, beef sticks, smoked	0,60

NDB_No	Description	Tyrosine(g) Value Per
07021	Dutch brand loaf, chicken, pork and beef	0,60
07929	Sausage, turkey, hot, smoked	0,60
10914	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, heated, roasted	0,60
12195	Nuts, almond butter, plain, without salt added	0,60
12695	Nuts, almond butter, plain, with salt added	0,60
15099	Fish, smelt, rainbow, raw	0,60
13811	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	0,59
16045	Beans, small white, mature seeds, raw	0,59
23129	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	0,59
13807	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	0,59
05088	Chicken, broilers or fryers, neck, meat only, raw	0,59
10106	Pork, fresh, variety meats and by-products, kidneys, raw	0,59
15024	Fish, drum, freshwater, raw	0,59
17142	Veal, ground, raw	0,59
10103	Pork, fresh, variety meats and by-products, heart, raw	0,59
15112	Fish, tilefish, raw	0,59
15134	Fish, wolffish, Atlantic, raw	0,59
16001	Beans, adzuki, mature seeds, raw	0,59
05115	Chicken, roasting, giblets, raw	0,59
16040	Beans, pink, mature seeds, raw	0,59
17226	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	0,59
17416	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, raw	0,59
01036	Cheese, ricotta, whole milk	0,59
10088	Pork, fresh, spareribs, separable lean and fat, raw	0,59
10184	Pork, cured, ham, extra lean and regular, canned, unheated	0,59
07966	Pork sausage, link/patty, reduced fat, cooked, pan-fried	0,59
10219	Pork, fresh, ground, raw	0,59
13095	Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, raw	0,59
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	0,59
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	0,59
05020	Chicken, broilers or fryers, giblets, raw	0,59
12038	Seeds, sunflower seed kernels, oil roasted, without salt	0,59
12538	Seeds, sunflower seed kernels, oil roasted, with salt added	0,59
23319	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	0,59
05001	Chicken, broilers or fryers, meat and skin and giblets and neck, raw	0,59
05127	Chicken, stewing, giblets, raw	0,59

NDB_No	Description	Tyrosine(g) Value Per
05693	Chicken, broiler, rotisserie, BBQ, back meat only	0,59
15147	Crustaceans, lobster, northern, raw	0,59
17414	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, raw	0,59
16077	Lupins, mature seeds, cooked, boiled, without salt	0,58
16377	Lupins, mature seeds, cooked, boiled, with salt	0,58
21115	Fast foods, hamburger, large, triple patty, with condiments	0,58
10150	Pork, cured, ham, whole, separable lean and fat, unheated	0,58
10879	Pork, cured, ham -- water added, whole, boneless, separable lean only, heated, roasted	0,58
10008	Pork, fresh, leg (ham), whole, separable lean and fat, raw	0,58
13819	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, raw	0,58
15007	Fish, butterfish, raw	0,58
15243	Crustaceans, crayfish, mixed species, farmed, cooked, moist heat	0,58
07979	Sausage, pork, turkey, and beef, reduced sodium	0,58
10887	Pork, cured, ham and water product, rump, bone-in, separable lean only, unheated	0,58
23237	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw	0,58
05361	Chicken, broiler, rotisserie, BBQ, thigh meat and skin	0,58
15208	Fish, sablefish, cooked, dry heat	0,58
21458	POPEYES, Fried Chicken, Mild, Thigh, meat and skin with breading	0,58
25020	Formulated bar, SLIM-FAST OPTIMA meal bar, milk chocolate peanut	0,58
05091	Chicken, broilers or fryers, thigh, meat and skin, raw	0,58
05171	Turkey, whole, giblets, raw	0,58
07956	Beef sausage, fresh, cooked	0,58
10070	Pork, fresh, shoulder, whole, separable lean and fat, raw	0,58
13347	Beef, cured, corned beef, brisket, cooked	0,58
15143	Crustaceans, crab, dungeness, raw	0,58
17234	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, raw	0,58
17298	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, raw	0,58
21436	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat and skin with breading	0,58
05177	Turkey, liver, all classes, raw	0,58
17246	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, raw	0,58
17264	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	0,58
07089	Sausage, Italian, pork, cooked	0,58
10919	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, heated, roasted	0,58
13815	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	0,58
17236	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	0,58
17260	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, raw	0,58

NDB_No	Description	Tyrosine(g) Value Per
23658	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, raw	0,58
05150	Goose, liver, raw	0,58
10917	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, heated, roasted	0,58
15176	Mollusks, squid, mixed species, cooked, fried	0,58
07955	Turkey sausage, fresh, raw	0,58
16129	Tofu, fried	0,58
05075	Chicken, broilers or fryers, leg, meat and skin, raw	0,57
05087	Chicken, broilers or fryers, neck, meat and skin, cooked simmered	0,57
05736	Turkey, retail parts, drumstick, meat and skin, raw	0,57
13002	Beef, carcass, separable lean and fat, select, raw	0,57
17242	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, raw	0,57
17408	Lamb, New Zealand, imported, loin saddle, separable lean and fat, raw	0,57
17322	Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, raw	0,57
20038	Oats	0,57
01161	Cheese substitute, mozzarella	0,57
05694	Turkey, dark meat from whole, meat only, with added solution, raw	0,57
05719	Turkey, back, from whole bird, meat only, with added solution, raw	0,57
05720	Turkey, back, from whole bird, meat only, with added solution, roasted	0,57
05724	Turkey, drumstick, from whole bird, meat only, with added solution, raw	0,57
05726	Turkey, thigh, from whole bird, meat only, with added solution, raw	0,57
15094	Fish, shad, american, raw	0,57
17250	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, raw	0,57
23567	Beef, ground, 85% lean meat / 15% fat, raw	0,57
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	0,57
13817	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	0,57
05702	Turkey from whole, light meat, meat and skin, with added solution, raw	0,57
01141	Egg, turkey, whole, fresh, raw	0,57
10889	Pork, cured, ham and water product, shank, bone-in, unheated, separable lean only	0,57
15073	Fish, roughy, orange, raw	0,57
17019	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, raw	0,57
01015	Cheese, cottage, lowfat, 2% milkfat	0,57
07018	Chicken spread	0,57
13001	Beef, carcass, separable lean and fat, choice, raw	0,57
17155	Veal, Australian, rib, rib roast, separable lean and fat, raw	0,57
17174	Game meat, muskrat, raw	0,57
10171	Pork, cured, shoulder, blade roll, separable lean and fat, roasted	0,57

NDB_No	Description	Tyrosine(g) Value Per
17001	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, raw	0,57
01013	Cheese, cottage, creamed, with fruit	0,57
05123	Chicken, stewing, meat and skin, raw	0,57
15107	Fish, sucker, white, raw	0,57
23659	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, raw	0,57
12037	Seeds, sunflower seed kernels, dry roasted, without salt	0,56
12536	Seeds, sunflower seed kernels from shell, dry roasted, with salt added	0,56
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	0,56
15093	Fish, seatrout, mixed species, raw	0,56
10886	Pork, cured, ham -- water added, slice, bone-in, separable lean only, unheated	0,56
17043	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, raw	0,56
17193	Veal, variety meats and by-products, heart, raw	0,56
05121	Chicken, stewing, meat and skin, and giblets and neck, raw	0,56
07925	Pastrami, beef, 98% fat-free	0,56
10880	Pork, cured, ham -- water added, whole, boneless, separable lean only, unheated	0,56
12006	Seeds, chia seeds, dried	0,56
12088	Nuts, cashew butter, plain, without salt added	0,56
13830	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, raw	0,56
16160	Tofu, hard, prepared with nigari	0,56
17062	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, raw	0,56
07088	Honey roll sausage, beef	0,56
13859	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	0,56
15059	Fish, pout, ocean, raw	0,56
21018	Fast foods, egg, scrambled	0,56
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	0,56
17190	Veal, variety meats and by-products, brain, cooked, pan-fried	0,56
05183	Turkey, dark meat, meat and skin, raw	0,56
07032	Ham and cheese loaf or roll	0,56
17084	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, raw	0,56
17206	Lamb, variety meats and by-products, lungs, cooked, braised	0,56
17318	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	0,56
17402	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, raw	0,56
17051	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, raw	0,56
05320	Chicken, wing, frozen, glazed, barbecue flavored, heated (conventional oven)	0,56
15146	Crustaceans, crayfish, mixed species, wild, cooked, moist heat	0,56
05025	Chicken, heart, all classes, raw	0,56

NDB_No	Description	Tyrosine(g) Value Per
17035	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, raw	0,56
16113	Natto	0,56
17224	Lamb, ground, raw	0,56
17271	Veal, breast, whole, boneless, separable lean and fat, raw	0,56
05691	Chicken, dark meat, thigh, meat and skin, with added solution, raw	0,56
13824	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	0,56
13844	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, raw	0,56
23321	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	0,56
17195	Lamb, variety meats and by-products, kidneys, raw	0,55
17326	Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw	0,55
15010	Fish, catfish, channel, wild, raw	0,55
15019	Fish, cod, Pacific, raw (may have been previously frozen)	0,55
15043	Fish, herring, Pacific, raw	0,55
07069	Salami, cooked, beef and pork	0,55
07913	Salami, pork, beef, less sodium	0,55
10909	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, unheated	0,55
15014	Fish, cisco, smoked	0,55
12206	Nuts, almonds, honey roasted, unblanched	0,55
21097	Fast foods, cheeseburger; single, large patty; with condiments and bacon	0,55
05300	Turkey sticks, breaded, battered, fried	0,55
13827	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	0,55
16088	Peanuts, all types, cooked, boiled, with salt	0,55
17023	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, raw	0,55
05307	Chicken, cornish game hens, meat and skin, raw	0,55
17211	Lamb, variety meats and by-products, pancreas, cooked, braised	0,55
05109	Chicken, roasting, meat and skin and giblets and neck, raw	0,55
15155	Mollusks, abalone, mixed species, raw	0,55
13838	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, raw	0,55
15104	Fish, sturgeon, mixed species, raw	0,54
12001	Seeds, breadfruit seeds, raw	0,54
15057	Fish, ocean perch, Atlantic, raw	0,54
01140	Egg, quail, whole, fresh, raw	0,54
13833	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	0,54
03302	Babyfood, snack, GERBER, GRADUATES, YOGURT MELTS	0,54
15129	Fish, turbot, european, raw	0,54
01021	Cheese, gjetost	0,54

NDB_No	Description	Tyrosine(g) Value Per
01128	Egg, whole, cooked, fried	0,54
10170	Pork, cured, shoulder, blade roll, separable lean and fat, unheated	0,54
20622	Spaghetti, protein-fortified, dry, enriched (n x 6.25)	0,54
07001	Barbecue loaf, pork, beef	0,54
13841	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, raw	0,54
15128	Fish, tuna salad	0,54
21401	Fast foods, chicken tenders	0,54
16101	Pigeon peas (red gram), mature seeds, raw	0,54
05706	Turkey, whole, meat and skin, with added solution, raw	0,54
07030	Ham, minced	0,54
01171	Egg, whole, raw, frozen, pasteurized	0,54
36050	Restaurant, Mexican, cheese enchilada	0,54
36604	CRACKER BARREL, chicken tenderloin platter, fried, from kid's menu	0,54
07944	Turkey, white, rotisserie, deli cut	0,53
17076	Lamb, New Zealand, imported, loin chop, separable lean and fat, raw	0,53
36015	Restaurant, family style, chicken fingers, from kid's menu	0,53
05034	Chicken, broilers or fryers, dark meat, meat and skin, raw	0,53
07091	New england brand sausage, pork, beef	0,53
10911	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, unheated	0,53
12062	Nuts, almonds, blanched	0,53
17262	Lamb, new zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, raw	0,53
03011	Babyfood, meat, lamb, junior	0,53
07974	Bacon, turkey, low sodium	0,53
13337	Beef, variety meats and by-products, thymus, raw	0,53
15145	Crustaceans, crayfish, mixed species, wild, raw	0,53
21099	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and ham	0,53
23449	Beef, New Zealand, imported, brisket navel end, separable lean and fat, raw	0,53
12021	Seeds, safflower seed kernels, dried	0,53
12152	Nuts, pistachio nuts, dry roasted, without salt added	0,53
12652	Nuts, pistachio nuts, dry roasted, with salt added	0,53
07050	Mortadella, beef, pork	0,53
13847	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, raw	0,53
16022	Beans, french, mature seeds, raw	0,53
36027	DENNY'S, chicken strips	0,53
12065	Nuts, almonds, oil roasted, without salt added	0,53
12565	Nuts, almonds, oil roasted, with salt added	0,53

NDB_No	Description	Tyrosine(g) Value Per
12665	Nuts, almonds, oil roasted, lightly salted	0,53
05175	Turkey, heart, all classes, raw	0,53
05745	Turkey, back, from whole bird, meat and skin, with added solution, roasted	0,53
17449	Lamb, Australian, imported, fresh, external fat, cooked	0,53
23423	Beef, New Zealand, imported, variety meats and by-products, kidney, raw	0,53
23572	Beef, ground, 80% lean meat / 20% fat, raw	0,53
07026	Ham, chopped, canned	0,53
07932	Chicken breast, fat-free, mesquite flavor, sliced	0,53
07933	Chicken breast, oven-roasted, fat-free, sliced	0,53
17367	Lamb, New Zealand, imported, kidney, raw	0,53
36034	Restaurant, family style, chicken tenders	0,53
21440	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat and skin with breading	0,53
36059	Restaurant, Italian, chicken parmesan without pasta	0,53
13342	Beef, sandwich steaks, flaked, chopped, formed and thinly sliced, raw	0,52
36023	APPLEBEE'S, chicken tenders platter	0,52
21271	PIZZA HUT 12" Cheese Pizza, Hand-Tossed Crust	0,52
21299	Fast Food, Pizza Chain, 14" pizza, cheese topping, regular crust	0,52
03021	Babyfood, meat, meat sticks, junior	0,52
13333	Beef, variety meats and by-products, spleen, raw	0,52
07016	Cheesefurter, cheese smokie, pork, beef	0,52
07064	Pork sausage, link/patty, cooked, pan-fried	0,52
07917	Sausage, pork and beef, with cheddar cheese, smoked	0,52
07918	Sausage, summer, pork and beef, sticks, with cheddar cheese	0,52
07920	Swisswurst, pork and beef, with swiss cheese, smoked	0,52
15163	Mollusks, cuttlefish, mixed species, raw	0,52
10114	Pork, fresh, variety meats and by-products, mechanically separated, raw	0,52
10908	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, unheated	0,52
15149	Crustaceans, shrimp, mixed species, raw (may have been previously frozen)	0,52
15174	Mollusks, scallop, mixed species, imitation, made from surimi	0,52
17222	Veal, variety meats and by-products, tongue, raw	0,52
17239	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, raw	0,52
01129	Egg, whole, cooked, hard-boiled	0,51
17191	Lamb, variety meats and by-products, heart, raw	0,51
16056	Chickpeas (garbanzo beans, bengal gram), mature seeds, raw	0,51
21418	POPEYES, Spicy Chicken Strips, analyzed 2006	0,51
12131	Nuts, macadamia nuts, raw	0,51

NDB_No	Description	Tyrosine(g) Value Per
13353	Beef, cured, luncheon meat, jellied	0,51
03007	Babyfood, meat, pork, strained	0,51
12138	Nuts, mixed nuts, oil roasted, without peanuts, without salt added	0,51
12638	Nuts, mixed nuts, oil roasted, without peanuts, with salt added	0,51
21256	BURGER KING, Chicken Strips	0,51
36614	DENNY'S, chicken nuggets, star shaped, from kid's menu	0,51
10097	Pork, fresh, variety meats and by-products, brain, cooked, braised	0,51
12147	Nuts, pine nuts, dried	0,51
12151	Nuts, pistachio nuts, raw	0,51
05146	Goose, domesticated, meat and skin, raw	0,51
12087	Nuts, cashew nuts, raw	0,51
01127	Egg, yolk, raw, frozen, sugared, pasteurized	0,51
07025	Frankfurter, turkey	0,51
07931	Beerwurst, pork and beef	0,51
36005	APPLEBEE'S, chicken tenders, from kids' menu	0,51
03009	Babyfood, meat, ham, junior	0,51
15234	Fish, catfish, channel, farmed, raw	0,51
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	0,51
19822	Snacks, trail mix, regular, with chocolate chips, unsalted nuts and seeds	0,51
21290	LITTLE CAESARS 14" Cheese Pizza, Large Deep Dish Crust	0,51
21279	DOMINO'S 14" Cheese Pizza, Crunchy Thin Crust	0,50
10910	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, unheated	0,50
03015	Babyfood, meat, turkey, strained	0,50
12039	Seeds, sunflower seed kernels, toasted, without salt	0,50
12132	Nuts, macadamia nuts, dry roasted, without salt added	0,50
12539	Seeds, sunflower seed kernels, toasted, with salt added	0,50
21287	LITTLE CAESARS 14" Original Round Cheese Pizza, Regular Crust	0,50
90240	Mollusks, scallop, (bay and sea), cooked, steamed	0,50
05357	Chicken, broiler, rotisserie, BBQ, back meat and skin	0,50
21110	Fast foods, hamburger; double, regular, patty; plain	0,50
10866	Pork, cured, ham -- water added, rump, bone-in, separable lean only, unheated	0,50
17214	Lamb, variety meats and by-products, spleen, raw	0,50
10117	Pork, fresh, variety meats and by-products, spleen, raw	0,50
10123	Pork, cured, bacon, unprepared	0,50
12738	Nuts, mixed nuts, oil roasted, without peanuts, lightly salted	0,50
21417	POPEYES, Mild Chicken Strips, analyzed 2006	0,50

NDB_No	Description	Tyrosine(g) Value Per
23445	Beef, New Zealand, imported, variety meats and by-products, tripe uncooked, raw	0,50
36024	CRACKER BARREL, chicken tenderloin platter, fried	0,50
01123	Egg, whole, raw, fresh	0,50
05700	Turkey, dark meat from whole, meat and skin, with added solution, raw	0,50
15153	Crustaceans, shrimp, mixed species, imitation, made from surimi	0,50
17216	Veal, variety meats and by-products, spleen, raw	0,50
15175	Mollusks, squid, mixed species, raw	0,50
36020	T.G.I. FRIDAY'S, chicken fingers	0,50
01131	Egg, whole, cooked, poached	0,50
03014	Babyfood, meat, chicken sticks, junior	0,50
03190	Babyfood, cereal, oatmeal, with bananas, dry	0,50
21288	LITTLE CAESARS 14" Original Round Pepperoni Pizza, Regular Crust	0,50
10121	Pork, fresh, variety meats and by-products, tongue, raw	0,50
10994	Bacon, pre-sliced, reduced/low sodium, unprepared	0,50
15242	Crustaceans, crayfish, mixed species, farmed, raw	0,49
17379	Lamb, New Zealand, imported, tongue - swiss cut, raw	0,49
05312	Chicken, wing, frozen, glazed, barbecue flavored	0,49
12220	Seeds, flaxseed	0,49
05630	Emu, outside drum, raw	0,49
03185	Babyfood, cereal, mixed, dry fortified	0,49
07068	Salami, cooked, beef	0,49
12085	Nuts, cashew nuts, dry roasted, without salt added	0,49
12585	Nuts, cashew nuts, dry roasted, with salt added	0,49
05179	Turkey from whole, neck, meat only, raw	0,49
07038	Knackwurst, knockwurst, pork, beef	0,49
07053	Pate, chicken liver, canned	0,49
10870	Pork, cured, ham and water product, slice, boneless, separable lean only, heated, pan-broil	0,49
10921	Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	0,49
15054	Fish, monkfish, raw	0,49
17029	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, raw	0,49
19034	Snacks, popcorn, air-popped	0,49
19806	Snacks, popcorn, air-popped (Unsalted)	0,49
05626	Emu, full rump, raw	0,49
05631	Emu, oyster, raw	0,49
07965	Pork sausage, link/patty, reduced fat, unprepared	0,49
05621	Emu, ground, raw	0,49

NDB_No	Description	Tyrosine(g) Value Per
12200	Nuts, formulated, wheat-based, all flavors except macadamia, without salt	0,49
17357	Lamb, New Zealand, imported, brains, cooked, soaked and fried	0,49
21096	Fast foods, cheeseburger; single, large patty; plain	0,49
05302	Poultry, mechanically deboned, from backs and necks without skin, raw	0,48
05303	Poultry, mechanically deboned, from mature hens, raw	0,48
15038	Fish, halibut, Greenland, raw	0,48
21286	PAPA JOHN'S 14" Cheese Pizza, Thin Crust	0,48
23577	Beef, ground, 75% lean meat / 25% fat, raw	0,48
12140	Nuts, formulated, wheat-based, unflavored, with salt added	0,48
13147	Beef, rib, shortribs, separable lean and fat, choice, raw	0,48
16037	Beans, navy, mature seeds, raw	0,48
02030	Spices, pepper, black	0,48
03017	Babyfood, meat, turkey sticks, junior	0,48
21274	PIZZA HUT 12" Pepperoni Pizza, Hand-Tossed Crust	0,48
07010	Bologna, pork	0,48
13339	Beef, variety meats and by-products, tongue, raw	0,48
21100	Fast foods, cheeseburger; double, large patty, with condiments and vegetables	0,48
21112	Fast foods, hamburger; single, large patty; plain	0,48
05623	Emu, fan fillet, raw	0,48
05686	Chicken, skin (drumsticks and thighs), with added solution, cooked, roasted	0,48
13346	Beef, cured, corned beef, brisket, raw	0,48
15028	Fish, flatfish (flounder and sole species), raw	0,48
15041	Fish, herring, Atlantic, pickled	0,48
21272	PIZZA HUT 12" Cheese Pizza, Pan Crust	0,48
23320	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, separable lean and fat, Aust. marble score 9, raw	0,48
11452	Soybeans, mature seeds, sprouted, raw	0,48
15166	Mollusks, octopus, common, raw	0,48
36409	Restaurant, Latino, pupusas con queso (pupusas, cheese)	0,48
05625	Emu, flat fillet, raw	0,48
18215	Crackers, cheese, sandwich-type with peanut butter filling	0,48
21278	DOMINO'S 14" Cheese Pizza, Ultimate Deep Dish Crust	0,48
36058	OLIVE GARDEN, chicken parmigiana without pasta	0,48
05628	Emu, inside drum, raw	0,47
06128	Soup, chicken noodle, dry, mix	0,47
21422	KFC, Popcorn Chicken	0,47
05304	Turkey, mechanically deboned, from turkey frames, raw	0,47

NDB_No	Description	Tyrosine(g) Value Per
03013	Babyfood, meat, chicken, junior	0,47
17205	Lamb, variety meats and by-products, lungs, raw	0,47
18224	Crackers, rusk toast	0,47
10113	Pork, fresh, variety meats and by-products, lungs, cooked, braised	0,47
10888	Pork, cured, ham and water product, slice, bone-in, separable lean only, unheated	0,47
12086	Nuts, cashew nuts, oil roasted, without salt added	0,47
12586	Nuts, cashew nuts, oil roasted, with salt added	0,47
23322	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean and fat, Aust. marble score 9, raw	0,47
01031	Cheese, neufchatel	0,47
07063	Pork sausage, link/patty, unprepared	0,47
03008	Babyfood, meat, ham, strained	0,47
07040	Liver cheese, pork	0,47
17220	Lamb, variety meats and by-products, tongue, raw	0,46
35183	Corn, dried, yellow (Northern Plains Indians)	0,46
11450	Soybeans, green, raw	0,46
15158	Mollusks, clam, mixed species, cooked, breaded and fried	0,46
18234	Crackers, wheat, sandwich, with peanut butter filling	0,46
21089	Fast foods, cheeseburger; single, regular patty; plain	0,46
01255	Egg, whole, raw, frozen, salted, pasteurized	0,46
05018	Chicken, broilers or fryers, skin only, cooked, roasted	0,46
21384	BURGER KING, CROISSAN'WICH with Sausage and Cheese	0,46
07935	Oven-roasted chicken breast roll	0,46
13329	Beef, variety meats and by-products, lungs, cooked, braised	0,46
13357	Beef, cured, sausage, cooked, smoked	0,46
17186	Lamb, variety meats and by-products, brain, cooked, braised	0,46
18050	Bread, reduced-calorie, oat bran, toasted	0,46
07062	Picnic loaf, pork, beef	0,46
20142	Teff, uncooked	0,46
01124	Egg, white, raw, fresh	0,46
10872	Pork, cured, ham and water product, whole, boneless, separable lean only, unheated	0,46
19059	Snacks, trail mix, regular	0,46
19821	Snacks, trail mix, regular, unsalted	0,46
01226	Egg substitute, liquid or frozen, fat free	0,46
10905	Pork, cured, ham and water product, whole, boneless, separable lean and fat, unheated	0,46
12158	Seeds, breadfruit seeds, roasted	0,46
19077	Baking chocolate, unsweetened, liquid	0,46

NDB_No	Description	Tyrosine(g) Value Per
21291	LITTLE CAESARS 14" Pepperoni Pizza, Large Deep Dish Crust	0,46
36010	T.G.I. FRIDAY'S, chicken fingers, from kids' menu	0,46
07055	Pate, liver, not specified, canned	0,45
07942	Pate, truffle flavor	0,45
10001	Pork, fresh, carcass, separable lean and fat, raw	0,45
12130	Nuts, hickorynuts, dried	0,45
13338	Beef, variety meats and by-products, thymus, cooked, braised	0,45
21011	Fast foods, croissant, with egg and cheese	0,45
15066	Fish, pollock, Alaska, raw (may have been previously frozen)	0,45
15074	Fish, sablefish, raw	0,45
01164	Cheese sauce, prepared from recipe	0,45
07006	Bockwurst, pork, veal, raw	0,45
21284	PAPA JOHN'S 14" Pepperoni Pizza, Original Crust	0,45
07077	Smoked link sausage, pork and beef, nonfat dry milk added	0,45
10871	Pork, cured, ham and water product, whole, boneless, separable lean only, heated, roasted	0,45
10922	Pork, cured, ham and water product, whole, boneless, separable lean and fat, heated, roasted	0,45
10907	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, unheated	0,45
12061	Nuts, almonds	0,45
05744	Turkey, back, from whole bird, meat and skin, with added solution, raw	0,45
07924	Bratwurst, pork, beef and turkey, lite, smoked	0,45
07928	Sausage, chicken, beef, pork, skinless, smoked	0,45
11382	Potatoes, mashed, dehydrated, granules with milk, dry form	0,45
21114	Fast foods, hamburger; double, large patty; with condiments and vegetables	0,45
21518	Fast foods, grilled chicken in tortilla, with lettuce, cheese, and ranch sauce	0,45
21524	McDONALD'S, RANCH SNACK WRAP, Grilled	0,45
07061	Mother's loaf, pork	0,45
10912	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, unheated	0,45
21289	LITTLE CAESARS 14" Original Round Meat and Vegetable Pizza, Regular Crust	0,45
01172	Egg, white, raw, frozen, pasteurized	0,45
07910	Bratwurst, veal, cooked	0,45
12063	Nuts, almonds, dry roasted, without salt added	0,45
12563	Nuts, almonds, dry roasted, with salt added	0,45
13319	Beef, variety meats and by-products, brain, cooked, pan-fried	0,45
02020	Spices, garlic powder	0,44
05017	Chicken, broilers or fryers, skin only, cooked, fried, flour	0,44
08157	Cereals ready-to-eat, wheat, puffed, fortified	0,44

NDB_No	Description	Tyrosine(g) Value Per
16136	Winged beans, mature seeds, cooked, boiled, without salt	0,44
16436	Winged beans, mature seeds, cooked, boiled, with salt	0,44
17189	Veal, variety meats and by-products, brain, cooked, braised	0,44
07059	Polish sausage, pork	0,44
07915	Sausage, Polish, beef with chicken, hot	0,44
21093	Fast foods, cheeseburger; double, regular patty, with condiments and vegetables	0,44
11451	Soybeans, green, cooked, boiled, drained, without salt	0,44
11853	Soybeans, green, cooked, boiled, drained, with salt	0,44
21262	TACO BELL, Soft Taco with chicken, cheese and lettuce	0,44
13498	Beef, ground, 70% lean meat / 30% fat, raw	0,44
20071	Wheat, hard red spring	0,44
07015	Brotwurst, pork, beef, link	0,44
10906	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, unheated	0,44
21095	Fast foods, cheeseburger; double, regular, patty and bun; with condiments and vegetables	0,44
03012	Babyfood, meat, chicken, strained	0,44
03186	Babyfood, cereal, mixed, with bananas, dry	0,44
12004	Seeds, breadnut tree seeds, raw	0,44
21111	Fast foods, hamburger; double, regular patty; with condiments	0,44
20077	Wheat bran, crude	0,44
12040	Seeds, sunflower seed butter, without salt	0,44
12540	Seeds, sunflower seed butter, with salt added	0,44
05048	Chicken, broilers or fryers, back, meat and skin, raw	0,43
21006	Fast foods, biscuit with egg and steak	0,43
05236	Turkey, young hen, skin only, cooked, roasted	0,43
07011	Bologna, turkey	0,43
10096	Pork, fresh, variety meats and by-products, brain, raw	0,43
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	0,43
20111	Noodles, egg, spinach, enriched, dry	0,43
07014	Braunschweiger (a liver sausage), pork	0,43
21251	BURGER KING, Cheeseburger	0,43
07945	Frankfurter, beef, heated	0,43
16042	Beans, pinto, mature seeds, raw	0,43
21275	PIZZA HUT 12" Pepperoni Pizza, Pan Crust	0,43
07954	Beef sausage, pre-cooked	0,42
19078	Baking chocolate, unsweetened, squares	0,42
21276	PIZZA HUT 12" Super Supreme Pizza, Hand-Tossed Crust	0,42

NDB_No	Description	Tyrosine(g) Value Per
07953	Pork sausage, link/patty, fully cooked, microwaved	0,42
12149	Nuts, pine nuts, pinyon, dried	0,42
36033	Restaurant, family style, fish fillet, battered or breaded, fried	0,42
07939	Frankfurter, pork	0,42
07029	Ham, sliced, regular (approximately 11% fat)	0,42
23437	Beef, New Zealand, imported, sweetbread, cooked, boiled	0,42
05170	Turkey, skin from whole (light and dark), roasted	0,42
01130	Egg, whole, cooked, omelet	0,42
36029	DENNY'S, fish fillet, battered or breaded, fried	0,42
10146	Pork, cured, ham, patties, unheated	0,42
12193	Seeds, sisymbrium sp. seeds, whole, dried	0,42
19021	Snacks, granola bars, soft, uncoated, peanut butter	0,42
12078	Nuts, brazilnuts, dried, unblanched	0,42
36001	APPLEBEE'S, Double Crunch Shrimp	0,42
36018	APPLEBEE'S, fish, hand battered	0,41
11624	Leeks, (bulb and lower-leaf portion), freeze-dried	0,41
21510	WENDY'S, DAVE'S Hot 'N Juicy 1/4 LB, single	0,41
07067	Poultry salad sandwich spread	0,41
07036	Sausage, Italian, pork, raw	0,41
20060	Rice bran, crude	0,41
02018	Spices, fennel seed	0,41
17006	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, cooked	0,41
13344	Beef, cured, breakfast strips, raw or unheated	0,41
18175	Cookies, ladyfingers, with lemon juice and rind	0,41
18231	Crackers, standard snack-type, sandwich, with peanut butter filling	0,41
18423	Cookies, ladyfingers, without lemon juice and rind	0,41
07007	Bologna, beef	0,41
12155	Nuts, walnuts, english	0,41
07065	Pork and beef sausage, fresh, cooked	0,40
16159	Tofu, extra firm, prepared with nigari	0,40
21022	Fast foods, english muffin, with egg, cheese, and sausage	0,40
05022	Chicken, broilers or fryers, giblets, cooked, simmered	0,40
15169	Mollusks, oyster, eastern, wild, cooked, moist heat	0,40
25000	Snacks, popcorn, microwave, 94% fat free	0,40
07003	Beerwurst, beer salami, pork	0,40
01132	Egg, whole, cooked, scrambled	0,40

NDB_No	Description	Tyrosine(g) Value Per
10100	Pork, fresh, variety meats and by-products, ears, frozen, raw	0,40
05282	Pate de foie gras, canned (goose liver pate), smoked	0,40
07054	Pate, goose liver, smoked, canned	0,40
21511	Fast Food, Pizza Chain, 14" pizza, cheese topping, stuffed crust	0,40
21512	PIZZA HUT 14" Cheese Pizza, Stuffed Crust	0,40
43274	Cheese, cream, low fat	0,40
02015	Spices, curry powder	0,40
16104	Bacon, meatless	0,40
17188	Veal, variety meats and by-products, brain, raw	0,40
21008	Fast foods, biscuit, with ham	0,40
10112	Pork, fresh, variety meats and by-products, lungs, raw	0,40
18079	Bread crumbs, dry, grated, plain	0,40
21340	McDONALD'S, Sausage Burrito	0,40
21519	Fast foods, breakfast burrito, with egg, cheese, and sausage	0,40
36612	DENNY'S, golden fried shrimp	0,40
18218	Crackers, matzo, egg	0,40
18299	Pancakes, whole-wheat, dry mix, incomplete	0,40
18383	Bread, protein, (includes gluten), toasted	0,40
17208	Veal, variety meats and by-products, lungs, cooked, braised	0,40
21003	Fast foods, biscuit, with egg and bacon	0,40
43297	Pork, oriental style, dehydrated	0,40
05139	Duck, domesticated, meat and skin, raw	0,40
08120	Cereals, oats, regular and quick, not fortified, dry	0,40
17377	Lamb, New Zealand, imported, testes, raw	0,40
21385	BURGER KING, CROISSAN'WICH with Egg and Cheese	0,39
21007	Fast foods, biscuit, with egg, cheese, and bacon	0,39
05084	Chicken, broilers or fryers, neck, meat and skin, raw	0,39
05675	Chicken, skin (drumsticks and thighs), cooked, roasted	0,39
17358	Lamb, New Zealand, imported, brains, raw	0,39
07024	Frankfurter, chicken	0,39
07967	Pork sausage, link/patty, fully cooked, unheated	0,39
05699	Turkey, skin from whole, (light and dark), with added solution, roasted	0,39
12003	Seeds, breadfruit seeds, boiled	0,39
19027	Snacks, granola bars, soft, uncoated, peanut butter and chocolate chip	0,39
36618	Restaurant, Chinese, general tso's chicken	0,39
07937	Bologna, pork, turkey and beef	0,39

NDB_No	Description	Tyrosine(g) Value Per
21263	TACO BELL, Soft Taco with steak	0,39
07978	Pork sausage, reduced sodium, cooked	0,39
19036	Snacks, popcorn, cakes	0,39
20070	Triticale flour, whole-grain	0,39
20072	Wheat, hard red winter	0,39
23438	Beef, New Zealand, imported, sweetbread, raw	0,39
36006	T.G.I. FRIDAY'S, FRIDAY'S Shrimp, breaded	0,39
07004	Sausage, Berliner, pork, beef	0,39
07916	Sausage, Polish, pork and beef, smoked	0,39
07922	Bratwurst, beef and pork, smoked	0,39
18049	Bread, reduced-calorie, oat bran	0,39
36016	Restaurant, family style, shrimp, breaded and fried	0,39
18219	Crackers, matzo, whole-wheat	0,38
21304	Fast Food, Pizza Chain, 14" pizza, meat and vegetable topping, regular crust	0,38
07045	Luncheon meat, pork, canned	0,38
07051	Olive loaf, pork	0,38
10000	Pork, fresh, composite of separable fat, with added solution, cooked	0,38
19420	Snacks, granola bars, hard, peanut butter	0,38
20014	Corn grain, yellow	0,38
20069	Triticale	0,38
20314	Corn grain, white	0,38
21004	Fast foods, biscuit, with egg and ham	0,38
01095	Milk, canned, condensed, sweetened	0,38
21225	Pizza, cheese topping, rising crust, frozen, cooked	0,38
12145	Nuts, pilinuts, dried	0,38
13330	Beef, variety meats and by-products, mechanically separated beef, raw	0,38
15164	Mollusks, mussel, blue, raw	0,38
17375	Lamb, New Zealand, imported, sweetbread, raw	0,38
21298	PIZZA HUT 14" Super Supreme Pizza, Hand-Tossed Crust	0,38
02028	Spices, paprika	0,38
07940	Macaroni and cheese loaf, chicken, pork and beef	0,38
08122	Cereals, oats, instant, fortified, plain, dry	0,38
15030	Fish, gefiltefish, commercial, sweet recipe	0,38
17185	Lamb, variety meats and by-products, brain, raw	0,38
21253	BURGER KING, WHOPPER, with cheese	0,38
21255	BURGER KING, DOUBLE WHOPPER, with cheese	0,38

NDB_No	Description	Tyrosine(g) Value Per
08037	Cereals ready-to-eat, granola, homemade	0,38
18201	Cookies, peanut butter sandwich, special dietary	0,38
20140	Spelt, uncooked	0,38
05715	Turkey, skin, from retail parts, from dark meat, cooked, roasted	0,38
07950	Frankfurter, meat	0,38
12013	Seeds, lotus seeds, dried	0,38
21107	Fast foods, hamburger; single, regular patty; plain	0,37
11634	Peppers, sweet, green, freeze-dried	0,37
11931	Peppers, sweet, red, freeze-dried	0,37
07957	Pork and turkey sausage, pre-cooked	0,37
18222	Crackers, melba toast, wheat	0,37
36061	Restaurant, Mexican, soft taco with ground beef, cheese and lettuce	0,37
32026	Turnover, chicken- or turkey-, and vegetable-filled, reduced fat, frozen	0,37
36043	CARRABBA'S ITALIAN GRILL, lasagne	0,37
36617	Restaurant, Chinese, lemon chicken	0,37
03212	Babyfood, cereal, rice, with bananas, dry	0,37
11195	Cowpeas (blackeyes), immature seeds, frozen, unprepared	0,37
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	0,37
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	0,37
10006	Pork, fresh, separable fat, raw	0,37
19035	Snacks, popcorn, oil-popped, microwave, regular flavor, no trans fat	0,37
19807	Snacks, popcorn, oil-popped, white popcorn, salt added	0,37
13328	Beef, variety meats and by-products, lungs, raw	0,36
21281	DOMINO'S 14" Pepperoni Pizza, Ultimate Deep Dish Crust	0,36
22978	Chicken tenders, breaded, frozen, prepared	0,36
01097	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	0,36
12122	Nuts, hazelnuts or filberts, dry roasted, without salt added	0,36
01115	Whey, sweet, dried	0,36
03682	Babyfood, cereal, high protein, prepared with whole milk	0,36
21020	Fast foods, english muffin, with cheese and sausage	0,36
07041	Liver sausage, liverwurst, pork	0,36
07911	Liverwurst spread	0,36
12120	Nuts, hazelnuts or filberts	0,36
16432	Tofu, salted and fermented (fuyu), prepared with calcium sulfate	0,36
18043	Bread, protein (includes gluten)	0,36
18376	Bread crumbs, dry, grated, seasoned	0,36

NDB_No	Description	Tyrosine(g) Value Per
05344	Chicken, broilers or fryers, skin only, cooked, rotisserie, original seasoning	0,36
16427	Tofu, raw, regular, prepared with calcium sulfate	0,36
07949	Frankfurter, meat, heated	0,36
20004	Barley, hulled	0,36
20012	Bulgur, dry	0,36
36041	Restaurant, Italian, lasagna with meat	0,36
08159	Cereals, corn grits, yellow, regular and quick, enriched, dry	0,36
08160	Cereals, corn grits, yellow, regular and quick, unenriched, dry	0,36
20076	Wheat, durum	0,36
11640	Shallots, freeze-dried	0,36
17210	Lamb, variety meats and by-products, pancreas, raw	0,36
18038	Bread, oat bran, toasted	0,36
08156	Cereals ready-to-eat, rice, puffed, fortified	0,36
20126	Spaghetti, spinach, dry	0,36
22963	Lean Pockets, Meatballs & Mozzarella	0,36
05326	Chicken breast tenders, breaded, cooked, microwaved	0,35
10942	Pork, fresh, composite of separable fat, with added solution, raw	0,35
18185	Cookies, peanut butter, commercially prepared, regular	0,35
19418	Snacks, sesame sticks, wheat-based, salted	0,35
19820	Snacks, sesame sticks, wheat-based, unsalted	0,35
25026	Popcorn, microwave, regular (butter) flavor, made with palm oil	0,35
16112	Miso	0,35
18289	Pancakes, plain, dry mix, complete (includes buttermilk)	0,35
19015	Snacks, granola bars, hard, plain	0,35
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	0,35
20138	Wheat, KAMUT khorasan, uncooked	0,35
08100	Cereals, CREAM OF RICE, dry	0,35
07968	Kielbasa, fully cooked, grilled	0,35
11658	Spinach souffle	0,35
21243	WENDY'S, CLASSIC DOUBLE, with cheese	0,35
19040	Snacks, popcorn, cheese-flavor	0,35
20105	Macaroni, vegetable, enriched, dry	0,35
36401	Restaurant, Latino, chicken and rice, entree, prepared	0,35
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	0,35
11778	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, with salt	0,35
36042	OLIVE GARDEN, lasagna classico	0,35

NDB_No	Description	Tyrosine(g) Value Per
07969	Kielbasa, fully cooked, pan-fried	0,35
11222	Drumstick leaves, raw	0,35
36619	Restaurant, Chinese, kung pao chicken	0,35
05019	Chicken, broilers or fryers, skin only, cooked, stewed	0,35
05673	Chicken, skin (drumsticks and thighs), cooked, braised	0,34
18374	Leavening agents, yeast, baker's, compressed	0,34
05301	Poultry, mechanically deboned, from backs and necks with skin, raw	0,34
17207	Veal, variety meats and by-products, lungs, raw	0,34
18084	Bread stuffing, cornbread, dry mix	0,34
21126	Fast foods, submarine sandwich, tuna on white bread with lettuce and tomato	0,34
21214	SUBWAY, tuna sub on white bread with lettuce and tomato	0,34
10128	Pork, cured, breakfast strips, raw or unheated	0,34
16124	Soy sauce made from soy (tamari)	0,34
18081	Bread stuffing, bread, dry mix	0,34
07083	Sausage, Vienna, canned, chicken, beef, pork	0,34
20131	Barley malt flour	0,34
07005	Blood sausage	0,34
10175	Pork, fresh, variety meats and by-products, tail, cooked, simmered	0,34
18214	Crackers, cheese, regular	0,34
18434	Crackers, cheese, low sodium	0,34
20031	Millet, raw	0,34
21113	Fast foods, hamburger; single, large patty; with condiments and vegetables	0,34
21254	BURGER KING, DOUBLE WHOPPER, no cheese	0,34
36019	APPLEBEE'S, chili	0,34
36037	Restaurant, family style, chili with meat and beans	0,34
13020	Beef, retail cuts, separable fat, cooked	0,34
16138	Falafel, home-prepared	0,34
18220	Crackers, melba toast, plain	0,34
18424	Crackers, melba toast, plain, without salt	0,34
21014	Fast foods, croissant, with egg, cheese, and sausage	0,34
21383	BURGER KING, CROISSAN'WICH with Sausage, Egg and Cheese	0,34
18080	Bread sticks, plain	0,34
21285	PAPA JOHN'S 14" The Works Pizza, Original Crust	0,34
36605	CRACKER BARREL, country fried shrimp platter	0,34
18242	Croutons, plain	0,34
20023	Cornmeal, yellow, self-rising, bolted, plain, enriched	0,34

NDB_No	Description	Tyrosine(g) Value Per
20323	Cornmeal, white, self-rising, bolted, plain, enriched	0,34
21282	DOMINO'S 14" EXTRA VAGANZZA FEAST Pizza, Classic Hand-Tossed Crust	0,34
11212	Edamame, frozen, prepared	0,34
21258	BURGER KING, Premium Fish Sandwich	0,34
08106	Cereals, CREAM OF WHEAT, instant, dry	0,34
18237	Cream puff shell, prepared from recipe	0,34
20028	Couscous, dry	0,34
31019	Seaweed, Canadian Cultivated EMI-TSUNOMATA, dry	0,34
08102	Cereals, CREAM OF WHEAT, regular, 10 minute cooking, dry	0,33
18002	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame), toasted	0,33
20066	Semolina, enriched	0,33
20466	Semolina, unenriched	0,33
21109	Fast foods, hamburger; single, regular patty; with condiments and vegetables	0,33
12121	Nuts, hazelnuts or filberts, blanched	0,33
18189	Cookies, peanut butter, prepared from recipe	0,33
20024	Cornmeal, yellow, self-rising, bolted, with wheat flour added, enriched	0,33
20095	Pasta, fresh-refrigerated, spinach, as purchased	0,33
20324	Cornmeal, white, self-rising, bolted, with wheat flour added, enriched	0,33
05327	Chicken breast tenders, breaded, uncooked	0,33
18243	Croutons, seasoned	0,33
25037	Snacks, pita chips, salted	0,33
18385	Bread, wheat germ, toasted	0,33
20020	Cornmeal, whole-grain, yellow	0,33
20320	Cornmeal, whole-grain, white	0,33
01096	Milk, canned, evaporated, with added vitamin D and without added vitamin A	0,33
01153	Milk, canned, evaporated, with added vitamin A	0,33
01214	Milk, canned, evaporated, without added vitamin A and vitamin D	0,33
01291	Milk, evaporated, 2% fat, with added vitamin A and vitamin D	0,33
07914	Sausage, Italian, sweet, links	0,33
19421	Snacks, potato chips, cheese-flavor	0,33
20001	Amaranth grain, uncooked	0,33
07058	Pickle and pimiento loaf, pork	0,33
19050	Snacks, pretzels, hard, whole-wheat including both salted and unsalted	0,33
20083	Wheat flour, white, bread, enriched	0,33
20129	Wheat flours, bread, unenriched	0,33
21125	Fast foods, submarine sandwich, roast beef on white bread with lettuce and tomato	0,33

NDB_No	Description	Tyrosine(g) Value Per
21210	SUBWAY, roast beef sub on white bread with lettuce and tomato	0,33
21259	BURGER KING, Original Chicken Sandwich	0,33
18087	Cake, angelfood, dry mix	0,33
20073	Wheat, soft red winter	0,33
07970	Kielbasa, fully cooked, unheated	0,33
17067	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, cooked	0,33
20647	Millet flour	0,33
03194	Babyfood, cereal, Rice, dry, fortified	0,32
18037	Bread, oat bran	0,32
19047	Snacks, pretzels, hard, plain, salted	0,32
07960	Bologna, chicken, pork	0,32
11268	Mushrooms, shiitake, dried	0,32
21002	Fast foods, biscuit, with egg	0,32
05323	Chicken patty, frozen, uncooked	0,32
05324	Chicken patty, frozen, cooked	0,32
18007	Bagels, oat bran	0,32
18028	Bread, egg, toasted	0,32
18188	Cookies, peanut butter, refrigerated dough, baked	0,32
20067	Sorghum grain	0,32
36629	Restaurant, Chinese, orange chicken	0,32
02043	Spices, turmeric, ground	0,32
10174	Pork, fresh, variety meats and by-products, tail, raw	0,32
21224	Pizza, cheese topping, regular crust, frozen, cooked	0,32
21245	WENDY'S, Ultimate Chicken Grill Sandwich	0,32
10101	Pork, fresh, variety meats and by-products, ears, frozen, cooked, simmered	0,32
18190	Cookies, peanut butter sandwich, regular	0,32
19413	Snacks, rice cakes, brown rice, corn	0,32
19057	Snacks, tortilla chips, nacho cheese	0,32
19063	Snacks, tortilla chips, taco-flavor	0,32
19857	Snacks, tortilla chips, nacho-flavor, made with enriched masa flour	0,32
21005	Fast Foods, biscuit, with egg and sausage	0,32
11211	Edamame, frozen, unprepared	0,32
19419	Snacks, corn cakes	0,32
19800	Snacks, corn cakes, very low sodium	0,32
21120	Fast foods, hotdog, with corn flour coating (corn dog)	0,32
17285	Lamb, Australian, imported, fresh, separable fat, cooked	0,32

NDB_No	Description	Tyrosine(g) Value Per
28290	Cookie, with peanut butter filling, chocolate-coated	0,32
18400	Crackers, matzo, egg and onion	0,32
21119	Fast foods, hotdog, with chili	0,32
15244	Mollusks, oyster, eastern, wild, cooked, dry heat	0,31
16163	MORI-NU, Tofu, silken, extra firm	0,31
20061	Rice flour, white, unenriched	0,31
20133	Rice noodles, dry	0,31
07964	Frankfurter, meat and poultry, cooked, grilled	0,31
18300	Pancakes, whole-wheat, dry mix, incomplete, prepared	0,31
20081	Wheat flour, white, all-purpose, enriched, bleached	0,31
20381	Wheat flour, white, all-purpose, enriched, calcium-fortified	0,31
20481	Wheat flour, white, all-purpose, unenriched	0,31
20581	Wheat flour, white, all-purpose, enriched, unbleached	0,31
19007	Snacks, corn-based, extruded, onion-flavor	0,31
11453	Soybeans, mature seeds, sprouted, cooked, steamed	0,31
11923	Soybeans, mature seeds, sprouted, cooked, steamed, with salt	0,31
18457	Crackers, saltines, fat-free, low-sodium	0,31
18003	Bagels, egg	0,31
19051	Snacks, rice cracker brown rice, plain	0,31
19816	Snacks, rice cakes, brown rice, plain, unsalted	0,31
22962	LEAN POCKETS, Ham N Cheddar	0,31
25046	Snacks, bagel chips, plain	0,31
25059	Snacks, brown rice chips	0,31
36403	Restaurant, Latino, empanadas, beef, prepared	0,31
10898	Pork, pickled pork hocks	0,30
18261	English muffins, mixed-grain, toasted (includes granola)	0,30
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	0,30
18339	Popovers, dry mix, enriched	0,30
18447	Popovers, dry mix, unenriched	0,30
01017	Cheese, cream	0,30
05015	Chicken, broilers or fryers, skin only, raw	0,30
07936	Bologna, pork and turkey, lite	0,30
07971	Bologna, meat and poultry	0,30
19177	Gelatins, dry powder, unsweetened	0,30
20091	Pasta, gluten-free, corn, dry	0,30
15171	Mollusks, oyster, Pacific, raw	0,30

NDB_No	Description	Tyrosine(g) Value Per
18241	Croissants, cheese	0,30
07963	Frankfurter, meat and poultry, cooked, boiled	0,30
18406	Bagels, plain, enriched, without calcium propionate (includes onion, poppy, sesame)	0,30
18407	Bagels, plain, unenriched, with calcium propionate (includes onion, poppy, sesame)	0,30
18408	Bagels, plain, unenriched, without calcium propionate (includes onion, poppy, sesame)	0,30
20130	Barley flour or meal	0,30
21280	DOMINO'S 14" Pepperoni Pizza, Classic Hand-Tossed Crust	0,30
01113	Whey, acid, dried	0,30
17093	Veal, composite of trimmed retail cuts, separable fat, cooked	0,30
18233	Crackers, wheat, sandwich, with cheese filling	0,30
18425	Crackers, saltines, low salt (includes oyster, soda, soup)	0,30
21261	TACO BELL, Soft Taco with beef, cheese and lettuce	0,30
36056	Restaurant, Mexican, cheese tamales	0,30
16162	MORI-NU, Tofu, silken, firm	0,30
17270	Veal, breast, separable fat, cooked	0,30
19414	Snacks, rice cakes, brown rice, multigrain	0,30
19818	Snacks, rice cakes, brown rice, multigrain, unsalted	0,30
20114	Noodles, japanese, soba, dry	0,30
20036	Rice, brown, long-grain, raw	0,30
20082	Wheat flour, white, all-purpose, self-rising, enriched	0,30
20116	Noodles, japanese, somen, dry	0,30
02027	Spices, oregano, dried	0,30
18345	Rolls, dinner, oat bran	0,30
19058	Snacks, tortilla chips, ranch-flavor	0,30
36410	Restaurant, Latino, pupusas del cerdo (pupusas, pork)	0,30
15172	Mollusks, scallop, mixed species, raw	0,30
18057	Bread, reduced-calorie, white	0,30
18267	English muffins, whole-wheat, toasted	0,30
18291	Pancakes, plain, dry mix, incomplete (includes buttermilk)	0,30
18297	Pancakes, special dietary, dry mix	0,30
18384	Bread, rice bran, toasted	0,30
18448	Taco shells, baked, without added salt	0,29
22961	HOT POCKETS, meatballs & mozzarella stuffed sandwich, frozen	0,29
18006	Bagels, cinnamon-raisin, toasted	0,29
18245	Danish pastry, cheese	0,29
18292	Pancakes, plain, dry mix, incomplete, prepared	0,29

NDB_No	Description	Tyrosine(g) Value Per
18367	Waffles, plain, prepared from recipe	0,29
18396	Rolls, dinner, plain, prepared from recipe, made with low fat (2%) milk	0,29
20093	Pasta, fresh-refrigerated, plain, as purchased	0,29
20109	Noodles, egg, dry, enriched	0,29
20409	Noodles, egg, dry, unenriched	0,29
18027	Bread, egg	0,29
18042	Bread, pita, whole-wheat	0,29
18187	Cookies, peanut butter, refrigerated dough	0,29
18344	Rolls, dinner, egg	0,29
16068	Hyacinth beans, mature seeds, cooked, boiled, without salt	0,29
16368	Hyacinth beans, mature seeds, cooked, boiled, with salt	0,29
20086	Wheat flour, white, tortilla mix, enriched	0,29
05684	Chicken, skin (drumsticks and thighs), with added solution, cooked, braised	0,29
15168	Mollusks, oyster, eastern, cooked, breaded and fried	0,29
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	0,29
32004	Macaroni and cheese, box mix with cheese sauce, unprepared	0,29
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	0,29
18221	Crackers, melba toast, rye (includes pumpernickel)	0,29
18270	Hush puppies, prepared from recipe	0,29
18053	Bread, reduced-calorie, rye	0,29
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	0,29
12588	Nuts, cashew butter, plain, with salt added	0,29
15027	Fish, fish sticks, frozen, prepared	0,29
18040	Bread, oatmeal, toasted	0,29
18295	Pancakes, buckwheat, dry mix, incomplete	0,29
19053	Snacks, rice cakes, brown rice, sesame seed	0,29
19819	Snacks, rice cakes, brown rice, sesame seed, unsalted	0,29
23436	Beef, New Zealand, imported, subcutaneous fat, raw	0,29
07962	Frankfurter, meat and poultry, unheated	0,28
16075	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, without salt	0,28
16375	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, with salt	0,28
18353	Rolls, hard (includes kaiser)	0,28
20005	Barley, pearled, raw	0,28
21266	TACO BELL, BURRITO SUPREME with chicken	0,28
18269	French toast, prepared from recipe, made with low fat (2%) milk	0,28
19016	Snacks, granola bars, hard, almond	0,28

NDB_No	Description	Tyrosine(g) Value Per
19412	Snacks, potato chips, made from dried potatoes, cheese-flavor	0,28
20016	Corn flour, whole-grain, yellow	0,28
20316	Corn flour, whole-grain, white	0,28
21118	Fast foods, hotdog, plain	0,28
01109	Milk, sheep, fluid	0,28
20040	Rice, brown, medium-grain, raw	0,28
01070	Dessert topping, powdered	0,28
10007	Pork, fresh, separable fat, cooked	0,28
18260	English muffins, mixed-grain (includes granola)	0,28
18230	Crackers, standard snack-type, sandwich, with cheese filling	0,28
07031	Ham salad spread	0,28
08172	Cereals, farina, unenriched, dry	0,28
18265	English muffins, wheat, toasted	0,28
05016	Chicken, broilers or fryers, skin only, cooked, fried, batter	0,28
18078	Bread, whole-wheat, prepared from recipe, toasted	0,28
18134	Cake, sponge, prepared from recipe	0,28
25053	Snacks, granola bar, GENERAL MILLS NATURE VALLEY, SWEET&SALTY NUT, peanut	0,28
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	0,28
16372	Lima beans, large, mature seeds, cooked, boiled, with salt	0,28
18280	Muffins, corn, dry mix, prepared	0,28
20080	Wheat flour, whole-grain	0,28
20087	Wheat, sprouted	0,28
01069	Cream substitute, powdered	0,27
16050	Beans, white, mature seeds, cooked, boiled, without salt	0,27
16350	Beans, white, mature seeds, cooked, boiled, with salt	0,27
18217	Crackers, matzo, plain	0,27
18426	Crackers, saltines, unsalted tops (includes oyster, soda, soup)	0,27
18965	Crackers, cheese, reduced fat	0,27
19017	Snacks, granola bars, hard, chocolate chip	0,27
36603	Restaurant, Chinese, beef and vegetables	0,27
16132	Tofu, salted and fermented (fuyu)	0,27
18225	Crackers, rye, sandwich-type with cheese filling	0,27
18368	Wonton wrappers (includes egg roll wrappers)	0,27
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	0,27
19804	Snacks, corn-based, extruded, chips, barbecue-flavor, made with enriched masa flour	0,27
21267	TACO BELL, BURRITO SUPREME with steak	0,27

NDB_No	Description	Tyrosine(g) Value Per
18005	Bagels, cinnamon-raisin	0,27
18266	English muffins, whole-wheat	0,27
18059	Bread, rice bran	0,27
18239	Croissants, butter	0,27
18282	Muffins, corn, prepared from recipe, made with low fat (2%) milk	0,27
20063	Rye flour, dark	0,27
20090	Rice flour, brown	0,27
25014	Snacks, popcorn, microwave, regular (butter) flavor, made with partially hydrogenated oil	0,27
21240	WENDY'S, CLASSIC SINGLE Hamburger, with cheese	0,27
21244	WENDY'S, Homestyle Chicken Fillet Sandwich	0,27
25017	Formulated bar, POWER BAR, chocolate	0,27
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	0,27
16134	Yardlong beans, mature seeds, cooked, boiled, without salt	0,27
16434	Yardlong beans, mature seeds, cooked, boiled, with salt	0,27
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	0,27
18268	French toast, frozen, ready-to-heat	0,27
21252	BURGER KING, WHOPPER, no cheese	0,27
16036	Beans, kidney, royal red, mature seeds, cooked, boiled, without salt	0,27
16336	Beans, kidney, royal red, mature seeds, cooked, boiled with salt	0,27
20035	Quinoa, uncooked	0,27
08074	Cereals ready-to-eat, RALSTON TASTEEOS	0,27
18450	Tortillas, ready-to-bake or -fry, flour, without added calcium	0,27
19003	Snacks, corn-based, extruded, chips, plain	0,27
19812	Snacks, pretzels, hard, plain, made with unenriched flour, salted	0,27
19813	Snacks, pretzels, hard, plain, made with unenriched flour, unsalted	0,27
19814	Snacks, pretzels, hard, plain, made with enriched flour, unsalted	0,27
23419	Beef, New Zealand, imported, intermuscular fat, cooked	0,27
36609	CRACKER BARREL, macaroni n' cheese plate, from kid's menu	0,27
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	0,26
01287	Yogurt, Greek, plain, lowfat	0,26
19422	Snacks, potato chips, reduced fat	0,26
18351	Rolls, hamburger or hotdog, mixed-grain	0,26
22537	HOT POCKETS Ham 'N Cheese Stuffed Sandwich, frozen	0,26
32000	Rice and vermicelli mix, beef flavor, unprepared	0,26
36053	CARRABBA'S ITALIAN GRILL, cheese ravioli with marinara sauce	0,26
05685	Chicken, skin (drumsticks and thighs), with added solution, raw	0,26

NDB_No	Description	Tyrosine(g) Value Per
16020	Beans, cranberry (roman), mature seeds, cooked, boiled, without salt	0,26
16061	Cowpeas, catjang, mature seeds, cooked, boiled, without salt	0,26
16320	Beans, cranberry (roman), mature seeds, cooked, boiled, with salt	0,26
16361	Cowpeas, catjang, mature seeds, cooked, boiled, with salt	0,26
18039	Bread, oatmeal	0,26
18103	Coffeecake, cheese	0,26
13019	Beef, retail cuts, separable fat, raw	0,26
18073	Bread, white, prepared from recipe, made with low fat (2%) milk	0,26
18346	Rolls, dinner, rye	0,26
18348	Rolls, dinner, whole-wheat	0,26
21390	Fast foods, hamburger; single, large patty; with condiments, vegetables and mayonnaise	0,26
18045	Bread, pumpernickel, toasted	0,26
18070	Bread, white, commercially prepared, toasted	0,26
18432	Bread, white, commercially prepared, toasted, low sodium no salt	0,26
19038	Snacks, popcorn, caramel-coated, with peanuts	0,26
19416	Snacks, rice cakes, brown rice, rye	0,26
21124	Fast foods, submarine sandwich, cold cut on white bread with lettuce and tomato	0,26
21213	SUBWAY, cold cut sub on white bread with lettuce and tomato	0,26
21242	WENDY'S, Jr. Hamburger, with cheese	0,26
36040	CRACKER BARREL, macaroni n' cheese	0,26
03997	Babyfood, Baby MUM MUM Rice Biscuits	0,26
18429	Crackers, whole-wheat, low salt	0,26
19406	Snacks, granola bars, soft, uncoated, nut and raisin	0,26
19411	Snacks, potato chips, plain, salted	0,26
19809	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, salted	0,26
19810	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, unsalted	0,26
19811	Snacks, potato chips, plain, unsalted	0,26
36054	OLIVE GARDEN, cheese ravioli with marinara sauce	0,26
16048	Beans, yellow, mature seeds, cooked, boiled, without salt	0,26
16348	Beans, yellow, mature seeds, cooked, boiled, with salt	0,26
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	0,26
19802	Snacks, corn-based, extruded, puffs or twists, cheese-flavor, unenriched	0,26
36622	Restaurant, Chinese, sweet and sour pork	0,26
16031	Beans, kidney, california red, mature seeds, cooked, boiled, without salt	0,26
16331	Beans, kidney, california red, mature seeds, cooked, boiled, with salt	0,26
18041	Bread, pita, white, enriched	0,26

NDB_No	Description	Tyrosine(g) Value Per
18413	Bread, pita, white, unenriched	0,26
19169	Egg custards, dry mix	0,26
18036	Bread, multi-grain, toasted (includes whole-grain)	0,26
18355	Sweet rolls, cheese	0,26
21023	Fast foods, french toast with butter	0,26
16041	Beans, pink, mature seeds, cooked, boiled, without salt	0,26
16341	Beans, pink, mature seeds, cooked, boiled, with salt	0,26
18264	English muffins, wheat	0,26
19022	Snacks, granola bars, soft, uncoated, raisin	0,26
36621	Restaurant, Chinese, sweet and sour chicken	0,26
11446	Seaweed, laver, raw	0,25
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	0,25
16046	Beans, small white, mature seeds, cooked, boiled, without salt	0,25
16346	Beans, small white, mature seeds, cooked, boiled, with salt	0,25
18025	Bread, cracked-wheat	0,25
18236	Cracker meal	0,25
11248	Lentils, sprouted, raw	0,25
18066	Bread, wheat bran	0,25
18077	Bread, whole-wheat, prepared from recipe	0,25
16165	MORI-NU, Tofu, silken, lite extra firm	0,25
18051	Bread, reduced-calorie, oatmeal	0,25
21239	WENDY'S, CLASSIC SINGLE Hamburger, no cheese	0,25
16015	Beans, black, mature seeds, cooked, boiled, without salt	0,25
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	0,25
16315	Beans, black, mature seeds, cooked, boiled, with salt	0,25
16363	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, with salt	0,25
18428	Crackers, wheat, low salt	0,25
19020	Snacks, granola bars, soft, uncoated, plain	0,25
36032	DENNY'S, spaghetti and meatballs	0,25
36038	Restaurant, family style, spaghetti and meatballs	0,25
01119	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce	0,25
01220	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce, fortified with vitamin D	0,25
01286	Yogurt, Greek, vanilla, nonfat	0,25
01295	Yogurt, vanilla, non-fat	0,25
18349	Rolls, french	0,25
18927	Crackers, cheese, sandwich-type with cheese filling	0,25

NDB_No	Description	Tyrosine(g) Value Per
32006	Taquitos, frozen, chicken and cheese, oven-heated	0,25
36601	Restaurant, Chinese, egg rolls, assorted	0,25
18033	Bread, italian	0,25
18390	Pancakes, buttermilk, prepared from recipe	0,25
19403	Snacks, crisped rice bar, almond	0,25
01218	Yogurt, fruit variety, nonfat, fortified with vitamin D	0,25
43261	Yogurt, fruit variety, nonfat	0,25
12059	Nuts, acorns, dried	0,25
18347	Rolls, dinner, wheat	0,25
21009	Fast foods, biscuit, with sausage	0,25
01122	Yogurt, fruit, low fat, 11 grams protein per 8 ounce	0,24
01203	Yogurt, fruit, lowfat, with low calorie sweetener	0,24
01219	Yogurt, fruit, lowfat, with low calorie sweetener, fortified with vitamin D	0,24
11978	Peppers, ancho, dried	0,24
18011	Biscuits, plain or buttermilk, dry mix, prepared	0,24
21264	TACO BELL, Bean Burrito	0,24
11039	Lima beans, immature seeds, frozen, baby, unprepared	0,24
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	0,24
16123	Soy sauce made from soy and wheat (shoyu)	0,24
16328	Beans, kidney, all types, mature seeds, cooked, boiled, with salt	0,24
16333	Beans, kidney, red, mature seeds, cooked, boiled, with salt	0,24
19024	Snacks, granola bars, soft, coated, milk chocolate coating, chocolate chip	0,24
22956	Lasagna, Vegetable, frozen, baked	0,24
02021	Spices, ginger, ground	0,24
18071	Bread, white, prepared from recipe, made with nonfat dry milk	0,24
18240	Croissants, apple	0,24
20120	Pasta, dry, enriched	0,24
20420	Pasta, dry, unenriched	0,24
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	0,24
11955	Tomatoes, sun-dried	0,24
16086	Peas, split, mature seeds, cooked, boiled, without salt	0,24
16386	Peas, split, mature seeds, cooked, boiled, with salt	0,24
18010	Biscuits, plain or buttermilk, dry mix	0,24
08025	Cereals ready-to-eat, RALSTON CRISP RICE	0,24
16053	Broadbeans (fava beans), mature seeds, cooked, boiled, without salt	0,24
16070	Lentils, mature seeds, cooked, boiled, without salt	0,24

NDB_No	Description	Tyrosine(g) Value Per
16353	Broadbeans (fava beans), mature seeds, cooked, boiled, with salt	0,24
16370	Lentils, mature seeds, cooked, boiled, with salt	0,24
18022	Bread, cornbread, dry mix, enriched (includes corn muffin mix)	0,24
18412	Bread, cornbread, dry mix, unenriched (includes corn muffin mix)	0,24
20008	Buckwheat	0,24
18273	Muffins, plain, prepared from recipe, made with low fat (2%) milk	0,24
18293	Pancakes, plain, prepared from recipe	0,24
21400	Fast foods, cheeseburger; double, regular patty; double decker bun with condiments and special sauce	0,24
28348	Rolls, dinner, sweet	0,24
36055	Restaurant, Italian, cheese ravioli with marinara sauce	0,24
06051	Soup, pea, split with ham, canned, condensed	0,24
18044	Bread, pumpernickel	0,24
19043	Snacks, potato chips, sour-cream-and-onion-flavor	0,24
20044	Rice, white, long-grain, regular, raw, enriched	0,24
20444	Rice, white, long-grain, regular, raw, unenriched	0,24
22977	Lasagna with meat sauce, frozen, prepared	0,24
10894	Pork, cured, ham, separable fat, boneless, heated	0,24
18223	Crackers, milk	0,24
18416	Bread, white, commercially prepared, low sodium, no salt	0,24
19005	Snacks, corn-based, extruded, cones, plain	0,24
18363	Tortillas, ready-to-bake or -fry, corn	0,24
18449	Tortillas, ready-to-bake or -fry, corn, without added salt	0,24
28397	Bread, multi-grain (includes whole-grain)	0,24
07073	Sandwich spread, pork, beef	0,24
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	0,24
16325	Beans, great northern, mature seeds, cooked, boiled, with salt	0,24
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	0,24
18061	Bread, rye, toasted	0,24
18247	Danish pastry, nut (includes almond, raisin nut, cinnamon nut)	0,24
22910	Lasagna, cheese, frozen, prepared	0,24
16084	Mungo beans, mature seeds, cooked, boiled, without salt	0,23
16343	Beans, pinto, mature seeds, cooked, boiled, with salt	0,23
16384	Mungo beans, mature seeds, cooked, boiled, with salt	0,23
18283	Muffins, oat bran	0,23
19048	Snacks, pretzels, hard, confectioner's coating, chocolate-flavor	0,23
20084	Wheat flour, white, cake, enriched	0,23

NDB_No	Description	Tyrosine(g) Value Per
23420	Beef, New Zealand, imported, intermuscular fat, raw	0,23
11380	Potatoes, mashed, dehydrated, granules without milk, dry form	0,23
17066	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, raw	0,23
18244	Danish pastry, cinnamon, enriched	0,23
18430	Danish pastry, cinnamon, unenriched	0,23
18437	English muffins, plain, enriched, without calcium propionate(includes sourdough)	0,23
18438	English muffins, plain, unenriched, with calcium propionate (includes sourdough)	0,23
18439	English muffins, plain, unenriched, without calcium propionate (includes sourdough)	0,23
19052	Snacks, rice cakes, brown rice, buckwheat	0,23
19410	Snack, potato chips, made from dried potatoes, plain	0,23
19817	Snacks, rice cakes, brown rice, buckwheat, unsalted	0,23
35146	Stew, mutton, corn, squash (Navajo)	0,23
05286	Turkey and gravy, frozen	0,23
18016	Biscuits, plain or buttermilk, prepared from recipe	0,23
20048	Rice, white, long-grain, precooked or instant, enriched, dry	0,23
21083	Fast foods, taco salad	0,23
11373	Potatoes, au gratin, home-prepared from recipe using butter	0,23
11672	Potato pancakes	0,23
11843	Potatoes, au gratin, home-prepared from recipe using margarine	0,23
16017	Beans, black turtle, mature seeds, cooked, boiled, without salt	0,23
16317	Beans, black turtle, mature seeds, cooked, boiled, with salt	0,23
18377	Cookies, oatmeal, prepared from recipe, without raisins	0,23
18953	Bread, salvadoran sweet cheese (quesadilla salvadorena)	0,23
20011	Buckwheat flour, whole-groat	0,23
32007	Taquitos, frozen, beef and cheese, oven-heated	0,23
16164	MORI-NU, Tofu, silken, lite firm	0,23
18352	Rolls, hamburger or hotdog, reduced-calorie	0,23
20017	Corn flour, masa, enriched, white	0,23
20019	Corn flour, masa, unenriched, white	0,23
20317	Corn flour, yellow, masa, enriched	0,23
43441	Rolls, pumpernickel	0,23
05169	Turkey, skin from whole, (light and dark), raw	0,23
20054	Rice, white, glutinous, unenriched, uncooked	0,23
22973	Corn dogs, frozen, prepared	0,23
06006	Soup, bean with frankfurters, canned, condensed	0,23
12060	Nuts, acorn flour, full fat	0,23

NDB_No	Description	Tyrosine(g) Value Per
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	0,23
05674	Chicken, skin (drumsticks and thighs), raw	0,23
11378	Potatoes, mashed, dehydrated, flakes without milk, dry form	0,23
15170	Mollusks, oyster, eastern, canned	0,23
18088	Cake, angelfood, dry mix, prepared	0,23
18180	Cookies, oatmeal, dry mix	0,23
18294	Pancakes, blueberry, prepared from recipe	0,23
05356	Chicken, broiler, rotisserie, BBQ, skin	0,22
20648	Sorghum flour, whole-grain	0,22
11413	Potato flour	0,22
15246	Mollusks, oyster, eastern, farmed, cooked, dry heat	0,22
16002	Beans, adzuki, mature seeds, cooked, boiled, without salt	0,22
16302	Beans, adzuki, mature seed, cooked, boiled, with salt	0,22
18316	Pie, coconut custard, commercially prepared	0,22
03689	Babyfood, cereal, oatmeal, prepared with whole milk	0,22
12143	Nuts, pecans, dry roasted, without salt added	0,22
12643	Nuts, pecans, dry roasted, with salt added	0,22
17005	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, raw	0,22
18360	Taco shells, baked	0,22
18427	Crackers, standard snack-type, regular, low salt	0,22
22959	Macaroni and cheese dinner with dry sauce mix, boxed, uncooked	0,22
36416	Restaurant, Latino, bunuelos (fried yeast bread)	0,22
09110	Goji berries, dried	0,22
11284	Onions, dehydrated flakes	0,22
18048	Bread, raisin, enriched, toasted	0,22
18147	Cheesecake commercially prepared	0,22
18271	Ice cream cones, cake or wafer-type	0,22
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	0,22
01217	Yogurt, fruit, low fat, 10 grams protein per 8 ounce, fortified with vitamin D	0,22
01284	Yogurt, Greek, strawberry, lowfat	0,22
01285	Yogurt, Greek, strawberry, nonfat	0,22
19045	Snacks, potato chips, made from dried potatoes, reduced fat	0,22
20050	Rice, white, medium-grain, raw, enriched	0,22
20450	Rice, white, medium-grain, raw, unenriched	0,22
05714	Turkey, skin, from retail parts, from dark meat, raw	0,22
11031	Lima beans, immature seeds, raw	0,22

NDB_No	Description	Tyrosine(g) Value Per
11962	Peppers, hot chile, sun-dried	0,22
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	0,22
16357	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, with salt	0,22
18148	Cheesecake prepared from mix, no-bake type	0,22
20523	Spaghetti, protein-fortified, cooked, enriched (n x 6.25)	0,22
21393	Fast foods, hamburger; single, regular patty; double decker bun with condiments and special sauce	0,22
36017	Restaurant, family style, macaroni & cheese, from kids' menu	0,22
36414	Restaurant, Latino, tripe soup	0,22
11032	Lima beans, immature seeds, cooked, boiled, drained, without salt	0,22
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	0,22
11714	Lima beans, immature seeds, cooked, boiled, drained, with salt	0,22
11856	Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt	0,22
15138	Crustaceans, crab, alaska king, imitation, made from surimi	0,22
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	0,22
19703	Gelatin desserts, dry mix, reduced calorie, with aspartame, added phosphorus, potassium, sodium, vitamin C	0,22
19704	Gelatin desserts, dry mix, reduced calorie, with aspartame, no added sodium	0,22
23435	Beef, New Zealand, imported, subcutaneous fat, cooked	0,22
18086	Cake, angelfood, commercially prepared	0,22
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	0,22
18279	Muffins, corn, commercially prepared	0,22
18417	Coffeecake, cinnamon with crumb topping, commercially prepared, unenriched	0,22
21270	TACO BELL, Taco Salad	0,22
36623	Restaurant, Chinese, chicken chow mein	0,22
08509	Cereals ready-to-eat, USDA Commodity Rice Crisps (includes all commodity brands)	0,22
18183	Cookies, oatmeal, refrigerated dough, baked	0,22
18263	English muffins, raisin-cinnamon, toasted (includes apple-cinnamon)	0,22
18272	Ice cream cones, sugar, rolled-type	0,22
20052	Rice, white, short-grain, enriched, uncooked	0,22
20452	Rice, white, short-grain, raw, unenriched	0,22
21032	Fast foods, sundae, caramel	0,22
22916	Lasagna with meat & sauce, frozen entree	0,22
28295	Tortillas, ready-to-bake or -fry, whole wheat	0,22
05698	Turkey, skin from whole (light and dark), with added solution, raw	0,22
12144	Nuts, pecans, oil roasted, without salt added	0,22
12644	Nuts, pecans, oil roasted, with salt added	0,22
20046	Rice, white, long-grain, parboiled, enriched, dry	0,22

NDB_No	Description	Tyrosine(g) Value Per
20446	Rice, white, long-grain, parboiled, unenriched, dry	0,22
25039	Snacks, granola bars, QUAKER OATMEAL TO GO, all flavors	0,22
11463	Spinach, frozen, chopped or leaf, unprepared	0,22
12142	Nuts, pecans	0,22
18154	Cookies, brownies, prepared from recipe	0,22
18338	Phyllo dough	0,22
21419	KFC, biscuit	0,22
03690	Babyfood, cereal, oatmeal, with bananas, prepared with whole milk	0,21
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	0,21
11716	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, with salt	0,21
18317	Pie, egg custard, commercially prepared	0,21
12108	Nuts, coconut meat, dried (desiccated), not sweetened	0,21
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	0,21
18060	Bread, rye	0,21
18179	Cookies, oatmeal, commercially prepared, soft-type	0,21
18184	Cookies, oatmeal, prepared from recipe, with raisins	0,21
18971	Bread, potato	0,21
20009	Buckwheat groats, roasted, dry	0,21
21388	Fast foods, miniature cinnamon rolls	0,21
11046	Beans, navy, mature seeds, sprouted, raw	0,21
19405	Snacks, granola bars, soft, uncoated, chocolate chip, graham and marshmallow	0,21
17284	Lamb, Australian, imported, fresh, separable fat, raw	0,21
18155	Cookies, butter, commercially prepared, enriched	0,21
18421	Cookies, butter, commercially prepared, unenriched	0,21
19913	Candies, NESTLE, BUTTERFINGER Crisp	0,21
16081	Mung beans, mature seeds, cooked, boiled, without salt	0,21
16381	Mung beans, mature seeds, cooked, boiled, with salt	0,21
21241	WENDY'S, Jr. Hamburger, without cheese	0,21
22953	Egg rolls, pork, refrigerated, heated	0,21
22954	Egg rolls, chicken, refrigerated, heated	0,21
43570	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, honey roasted	0,21
18030	Bread, french or vienna, toasted (includes sourdough)	0,21
42189	Milk, buttermilk, fluid, cultured, reduced fat	0,21
11037	Lima beans, immature seeds, frozen, fordhook, unprepared	0,21
16028	Beans, kidney, all types, mature seeds, cooked, boiled, without salt	0,20
18157	Cookies, chocolate wafers	0,20

NDB_No	Description	Tyrosine(g) Value Per
19074	Candies, caramels	0,20
36626	Restaurant, Chinese, chicken and vegetables	0,20
16051	Beans, white, mature seeds, canned	0,20
18047	Bread, raisin, enriched	0,20
18211	Puff pastry, frozen, ready-to-bake, baked	0,20
18254	Doughnuts, yeast-leavened, with creme filling	0,20
18414	Bread, raisin, unenriched	0,20
19096	Ice creams, vanilla, light, soft-serve	0,20
35143	Tortilla, includes plain and from mutton sandwich (Navajo)	0,20
35147	Tamales (Navajo)	0,20
10895	Pork, cured, ham, separable fat, boneless, unheated	0,20
12094	Nuts, chestnuts, chinese, dried	0,20
18126	Cake, shortcake, biscuit-type, prepared from recipe	0,20
15167	Mollusks, oyster, eastern, wild, raw	0,20
18012	Biscuits, plain or buttermilk, refrigerated dough, lower fat	0,20
18178	Cookies, oatmeal, commercially prepared, regular	0,20
18970	Tortillas, ready-to-bake or -fry, flour, shelf stable	0,20
01120	Yogurt, fruit, low fat, 9 grams protein per 8 ounce	0,20
01216	Yogurt, fruit, low fat, 9 grams protein per 8 ounce, fortified with vitamin D	0,20
18032	Bread, irish soda, prepared from recipe	0,20
18284	Muffins, wheat bran, dry mix	0,20
18337	Puff pastry, frozen, ready-to-bake	0,20
18356	Sweet rolls, cinnamon, commercially prepared with raisins	0,20
18436	Doughnuts, yeast-leavened, glazed, unenriched (includes honey buns)	0,20
20062	Rye grain	0,20
22529	Beef Pot Pie, frozen entree, prepared	0,20
01057	Eggnog	0,20
16023	Beans, french, mature seeds, cooked, boiled, without salt	0,20
16323	Beans, french, mature seeds, cooked, boiled, with salt	0,20
20065	Rye flour, light	0,20
19010	Snacks, crisped rice bar, chocolate chip	0,20
08504	Cereals ready-to-eat, RALSTON Enriched Wheat Bran flakes	0,20
16038	Beans, navy, mature seeds, cooked, boiled, without salt	0,20
16338	Beans, navy, mature seeds, cooked, boiled, with salt	0,20
18101	Cake, chocolate, prepared from recipe without frosting	0,20
18451	Cake, pound, commercially prepared, fat-free	0,20

NDB_No	Description	Tyrosine(g) Value Per
11088	Broadbeans, immature seeds, raw	0,20
18949	Crackers, whole-wheat, reduced fat	0,20
28399	Cookies, animal crackers (includes arrowroot, tea biscuits)	0,20
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	0,20
11223	Drumstick leaves, cooked, boiled, drained, without salt	0,20
11717	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, with salt	0,20
11786	Drumstick leaves, cooked, boiled, drained, with salt	0,20
18182	Cookies, oatmeal, refrigerated dough	0,20
18186	Cookies, peanut butter, commercially prepared, soft-type	0,19
18235	Crackers, whole-wheat	0,19
18336	Pie crust, standard-type, prepared from recipe, baked	0,19
16161	MORI-NU, Tofu, silken, soft	0,19
18208	Cookies, sugar, prepared from recipe, made with margarine	0,19
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	0,19
36412	Restaurant, Latino, tamale, pork	0,19
16335	Beans, kidney, red, mature seeds, canned, drained solids, rinsed in tap water	0,19
17092	Veal, composite of trimmed retail cuts, separable fat, raw	0,19
18009	Biscuits, plain or buttermilk, frozen, baked	0,19
21060	Fast foods, burrito, with beans	0,19
01081	Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D	0,19
01087	Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat free and skim)	0,19
06049	Soup, pea, green, canned, condensed	0,19
18076	Bread, whole-wheat, commercially prepared, toasted	0,19
18139	Cake, white, prepared from recipe without frosting	0,19
18146	Cake, yellow, prepared from recipe without frosting	0,19
18262	English muffins, raisin-cinnamon (includes apple-cinnamon)	0,19
18963	Garlic bread, frozen	0,19
01084	Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and vitamin D	0,19
02009	Spices, chili powder	0,19
02011	Spices, cloves, ground	0,19
08505	Cereals ready-to-eat, RALSTON Corn Biscuits	0,19
16008	Beans, baked, canned, with franks	0,19
16145	Beans, kidney, red, mature seeds, canned, drained solids	0,19
18328	Pie, vanilla cream, prepared from recipe	0,19
18964	Cinnamon buns, frosted (includes honey buns)	0,19
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	0,19

NDB_No	Description	Tyrosine(g) Value Per
18332	Pie crust, standard-type, dry mix	0,19
18378	Cookies, chocolate chip, prepared from recipe, made with butter	0,19
19404	Snacks, granola bars, soft, uncoated, chocolate chip	0,19
22911	Chili, no beans, canned entree	0,19
12058	Nuts, acorns, raw	0,19
18133	Cake, sponge, commercially prepared	0,19
18327	Pie, pumpkin, prepared from recipe	0,19
20022	Cornmeal, degermed, enriched, yellow	0,19
20322	Cornmeal, degermed, enriched, white	0,19
20422	Cornmeal, degermed, unenriched, yellow	0,19
20522	Cornmeal, degermed, unenriched, white	0,19
01111	Milk shakes, thick vanilla	0,19
03685	Babyfood, cereal, mixed, prepared with whole milk	0,19
08507	Cereals ready-to-eat, RALSTON Crispy Hexagons	0,19
10132	Pork, cured, feet, pickled	0,19
18281	Muffins, corn, toaster-type	0,19
21034	Fast foods, sundae, strawberry	0,19
22908	Beef, corned beef hash, with potato, canned	0,19
18108	Coffeecake, cinnamon with crumb topping, dry mix, prepared	0,18
21386	BURGER KING, french toast sticks	0,18
28292	Crackers, multigrain	0,18
03051	Babyfood, dinner, spaghetti and tomato and meat, toddler	0,18
18121	Cake, pound, commercially prepared, other than all butter, enriched	0,18
18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	0,18
18418	Cake, pound, commercially prepared, other than all butter, unenriched	0,18
01108	Milk, indian buffalo, fluid	0,18
18250	Doughnuts, cake-type, plain, sugared or glazed	0,18
18256	Doughnuts, yeast-leavened, with jelly filling	0,18
20064	Rye flour, medium	0,18
35145	Stew, hominy with mutton (Navajo)	0,18
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	0,18
16007	Beans, baked, canned, with beef	0,18
18017	Biscuits, mixed grain, refrigerated dough	0,18
18228	Crackers, saltines (includes oyster, soda, soup)	0,18
18333	Pie crust, standard-type, dry mix, prepared, baked	0,18
36009	T.G.I. FRIDAY'S, macaroni & cheese, from kid's menu	0,18

NDB_No	Description	Tyrosine(g) Value Per
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	0,18
18290	Pancakes, plain, dry mix, complete, prepared	0,18
19205	Egg custards, dry mix, prepared with 2% milk	0,18
19293	Frozen yogurts, vanilla, soft-serve	0,18
28338	Bread, gluten-free, white, made with tapioca starch and brown rice flour	0,18
28371	UDI'S, Gluten Free, Soft & Delicious White Sandwich Bread	0,18
01106	Milk, goat, fluid, with added vitamin D	0,18
18388	Muffins, wheat bran, toaster-type with raisins, toasted	0,18
22957	Turkey, stuffing, mashed potatoes w/gravy, assorted vegetables, frozen, microwaved	0,18
32002	Rice and vermicelli mix, rice pilaf flavor, unprepared	0,18
08573	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, dry	0,18
11520	Taro leaves, raw	0,18
16039	Beans, navy, mature seeds, canned	0,18
18325	Pie, pecan, prepared from recipe	0,18
19393	Frozen yogurts, chocolate, soft-serve	0,18
06211	Soup, cheese, canned, prepared with equal volume milk	0,18
11656	Corn pudding, home prepared	0,18
12099	Nuts, chestnuts, european, dried, unpeeled	0,18
19170	Egg custards, dry mix, prepared with whole milk	0,18
36620	Restaurant, Chinese, shrimp and vegetables	0,18
06004	Soup, bean with pork, canned, condensed	0,18
06249	Soup, pea, green, canned, prepared with equal volume milk	0,18
08508	Cereals ready-to-eat, USDA Commodity Corn and Rice (includes all commodity brands)	0,18
16358	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained solids	0,18
16359	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained, rinsed in tap water	0,18
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	0,18
03686	Babyfood, cereal, mixed, with bananas, prepared with whole milk	0,18
08090	Cereals, corn grits, white, regular and quick, enriched, dry	0,18
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	0,18
18232	Crackers, wheat, regular	0,18
16026	Beans, great northern, mature seeds, canned	0,17
16073	Lima beans, large, mature seeds, canned	0,17
16326	Beans, great northern, mature seeds, canned, low sodium	0,17
11496	Succotash, (corn and limas), cooked, boiled, drained, without salt	0,17
11871	Succotash, (corn and limas), cooked, boiled, drained, with salt	0,17
16054	Broadbeans (fava beans), mature seeds, canned	0,17

NDB_No	Description	Tyrosine(g) Value Per
18402	Pie crust, standard-type, prepared from recipe, unbaked	0,17
18422	Cookies, chocolate chip, commercially prepared, regular, higher fat, unenriched	0,17
01086	Milk, nonfat, fluid, with added nonfat milk solids, vitamin A and vitamin D (fat free or skim)	0,17
01152	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids, without added vitamin A	0,17
03072	Babyfood, dinner, chicken stew, toddler	0,17
12077	Nuts, beechnuts, dried	0,17
16173	Frijoles rojos volteados (Refried beans, red, canned)	0,17
18386	Muffins, blueberry, toaster-type, toasted	0,17
18933	Waffle, buttermilk, frozen, ready-to-heat, toasted	0,17
22960	Macaroni and cheese, dry mix, prepared with 2% milk and 80% stick margarine from dry mix	0,17
08104	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), dry	0,17
25054	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, with yogurt coating	0,17
25055	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, CHEWY TRAIL MIX	0,17
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D	0,17
01085	Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	0,17
01151	Milk, nonfat, fluid, without added vitamin A and vitamin D (fat free or skim)	0,17
01175	Milk, fluid, 1% fat, without added vitamin A and vitamin D	0,17
01236	Ice cream, soft serve, chocolate	0,17
18954	Bread, pound cake type, pan de torta salvadoran	0,17
19090	Ice creams, french vanilla, soft-serve	0,17
22906	Chicken pot pie, frozen entree, prepared	0,17
25013	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, original flavor	0,17
19352	Syrups, malt	0,17
20089	Wild rice, cooked	0,17
36418	Restaurant, Mexican, refried beans	0,17
36613	DENNY'S, macaroni & cheese, from kid's menu	0,17
01080	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids and vitamin A and vitamin D	0,17
01083	Milk, lowfat, fluid, 1% milkfat, with added nonfat milk solids, vitamin A and vitamin D	0,17
16102	Pigeon peas (red gram), mature seeds, cooked, boiled, without salt	0,17
16402	Pigeon peas (red gram), mature seeds, cooked, boiled, with salt	0,17
18216	Crackers, crispbread, rye	0,17
18304	Pie, banana cream, prepared from recipe	0,17
18950	Crackers, wheat, reduced fat	0,17
36003	APPLEBEE'S, KRAFT, Macaroni & Cheese, from kid's menu	0,17
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	0,17
01088	Milk, buttermilk, fluid, cultured, lowfat	0,17

NDB_No	Description	Tyrosine(g) Value Per
01174	Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D	0,17
03681	Babyfood, cereal, barley, prepared with whole milk	0,17
08506	Cereals ready-to-eat, RALSTON Corn Flakes	0,17
11311	Peas, green, canned, drained solids, rinsed in tap water	0,17
15245	Mollusks, oyster, eastern, farmed, raw	0,17
21080	Fast foods, nachos, with cheese, beans, ground beef, and tomatoes	0,17
21269	TACO BELL, Nachos Supreme	0,17
18151	Cookies, brownies, commercially prepared	0,17
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	0,17
18431	Danish pastry, fruit, unenriched (includes apple, cinnamon, raisin, strawberry)	0,17
18433	Danish pastry, lemon, unenriched	0,17
18435	Danish pastry, raspberry, unenriched	0,17
03712	Babyfood, cereal, rice, with bananas, prepared with whole milk	0,16
14214	Beverages, coffee, instant, regular, powder	0,16
14312	Beverages, Malted drink mix, natural, powder, prepared with whole milk	0,16
18065	Bread, wheat, toasted	0,16
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	0,16
12114	Nuts, coconut meat, dried (desiccated), toasted	0,16
12177	Nuts, coconut meat, dried (desiccated), creamed	0,16
16059	Chili with beans, canned	0,16
18943	Pie Crust, Cookie-type, Chocolate, Ready Crust	0,16
01230	Milk, buttermilk, fluid, whole	0,16
03694	Babyfood, cereal, rice, prepared with whole milk	0,16
08576	Cereals, CREAM OF WHEAT, 1 minute cook time, dry	0,16
14428	Beverages, shake, fast food, strawberry	0,16
18164	Cookies, chocolate chip, refrigerated dough, baked	0,16
18277	Muffins, blueberry, toaster-type	0,16
25040	Snacks, vegetable chips, made from garden vegetables	0,16
01059	Milk, filled, fluid, with blend of hydrogenated vegetable oils	0,16
01060	Milk, filled, fluid, with lauric acid oil	0,16
03049	Babyfood, dinner, beef and rice, toddler	0,16
01102	Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	0,16
18212	Cookies, vanilla wafers, lower fat	0,16
19061	Snacks, trail mix, tropical	0,16
01077	Milk, whole, 3.25% milkfat, with added vitamin D	0,16
01211	Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D	0,16

NDB_No	Description	Tyrosine(g) Value Per
03052	Babyfood, dinner, beef stew, toddler	0,16
14421	Beverages, coffee substitute, cereal grain beverage, powder, prepared with whole milk	0,16
18172	Cookies, gingersnaps	0,16
18364	Tortillas, ready-to-bake or -fry, flour, refrigerated	0,16
19080	Candies, semisweet chocolate	0,16
19701	Candies, semisweet chocolate, made with butter	0,16
01078	Milk, producer, fluid, 3.7% milkfat	0,16
14218	Beverages, coffee, instant, decaffeinated, powder	0,16
18177	Cookies, molasses	0,16
22958	Rice bowl with chicken, frozen entree, prepared (includes fried, teriyaki, and sweet and sour varieties)	0,16
01058	Sour dressing, non-butterfat, cultured, filled cream-type	0,16
06165	Sauce, homemade, white, thin	0,16
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	0,16
11683	Carrot, dehydrated	0,16
18200	Cookies, oatmeal, commercially prepared, special dietary	0,16
18229	Crackers, standard snack-type, regular	0,16
21415	POPEYES, biscuit	0,16
11418	Pumpkin leaves, raw	0,16
16021	Beans, cranberry (roman), mature seeds, canned	0,16
18097	Cake, pudding-type, chocolate, dry mix	0,16
18251	Doughnuts, cake-type, chocolate, sugared or glazed	0,16
18951	Waffles, chocolate chip, frozen, ready-to-heat	0,16
20097	Pasta, homemade, made with egg, cooked	0,16
20125	Pasta, whole-wheat, cooked	0,16
16005	Beans, baked, home prepared	0,16
16103	Refried beans, canned, traditional style (includes USDA commodity)	0,16
18096	Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery	0,16
19095	Ice creams, vanilla	0,16
19898	Ice creams, regular, low carbohydrate, vanilla	0,16
01054	Cream, whipped, cream topping, pressurized	0,15
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	0,15
18102	Cake, white, prepared from recipe with coconut frosting	0,15
18105	Coffeecake, creme-filled with chocolate frosting	0,15
18932	Waffles, buttermilk, frozen, ready-to-heat	0,15
36404	Restaurant, Latino, arroz con leche (rice pudding)	0,15
36415	Restaurant, Latino, arepa (unleavened cornmeal bread)	0,15

NDB_No	Description	Tyrosine(g) Value Per
36602	Restaurant, Chinese, fried rice, without meat	0,15
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	0,15
18106	Coffeecake, fruit	0,15
01056	Cream, sour, cultured	0,15
14318	Beverages, Malted drink mix, chocolate, powder, prepared with whole milk	0,15
18357	Sweet rolls, cinnamon, refrigerated dough with frosting	0,15
21064	Fast foods, burrito, with beans, cheese, and beef	0,15
21265	TACO BELL, BURRITO SUPREME with beef	0,15
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	0,15
01089	Milk, low sodium, fluid	0,15
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	0,15
11432	Radishes, oriental, dried	0,15
12175	Nuts, chestnuts, japanese, dried	0,15
14632	Beverages, Meal supplement drink, canned, peanut flavor	0,15
18092	Cake, pudding-type, carrot, dry mix	0,15
19109	Candies, KIT KAT Wafer Bar	0,15
18193	Cookies, shortbread, commercially prepared, pecan	0,15
18206	Cookies, sugar, refrigerated dough, baked	0,15
18403	Waffles, plain, frozen, ready -to-heat, toasted	0,15
20096	Pasta, fresh-refrigerated, spinach, cooked	0,15
20112	Noodles, egg, spinach, enriched, cooked	0,15
20654	Pasta, gluten-free, brown rice flour, cooked, TINKYADA	0,15
22402	Beef macaroni with tomato sauce, frozen entree, reduced fat	0,15
36405	Restaurant, Latino, Arroz con frijoles negros (rice and black beans)	0,15
06166	Sauce, homemade, white, medium	0,15
14177	Beverages, chocolate-flavor beverage mix, powder, prepared with whole milk	0,15
16009	Beans, baked, canned, with pork	0,15
18019	Bread, banana, prepared from recipe, made with margarine	0,15
18021	Bread, boston brown, canned	0,15
18161	Cookies, chocolate chip, dry mix	0,15
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	0,15
01049	Cream, fluid, half and half	0,15
01110	Milk shakes, thick chocolate	0,15
06070	Soup, chunky beef, canned, ready-to-serve	0,15
11231	Jute, potherb, raw	0,15
11501	Succotash, (corn and limas), frozen, unprepared	0,15

NDB_No	Description	Tyrosine(g) Value Per
11502	Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt	0,15
11872	Succotash, (corn and limas), frozen, cooked, boiled, drained, with salt	0,15
18023	Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	0,15
12128	Nuts, ginkgo nuts, dried	0,15
14351	Beverages, Strawberry-flavor beverage mix, powder, prepared with whole milk	0,15
18163	Cookies, chocolate chip, refrigerated dough	0,15
18199	Cookies, chocolate sandwich, with creme filling, special dietary	0,15
19081	Candies, sweet chocolate	0,15
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	0,14
14169	Beverages, Carob-flavor beverage mix, powder, prepared with whole milk	0,14
18335	Pie crust, standard-type, frozen, ready-to-bake, enriched, baked	0,14
11029	Beans, kidney, mature seeds, sprouted, raw	0,14
18144	Cake, yellow, enriched, dry mix	0,14
18420	Cake, yellow, unenriched, dry mix	0,14
20657	Pasta, gluten-free, corn and rice flour, cooked	0,14
06050	Soup, pea, split with ham, canned, chunky, ready-to-serve	0,14
08478	Cereals ready-to-eat, MALT-O-MEAL, GOLDEN PUFFS	0,14
16018	Beans, black turtle, mature seeds, canned	0,14
16316	Beans, black, mature seeds, canned, low sodium	0,14
21033	Fast foods, sundae, hot fudge	0,14
25045	Formulated bar, high fiber, chewy, oats and chocolate	0,14
36631	OLIVE GARDEN, spaghetti with meat sauce	0,14
01055	Cream, sour, reduced fat, cultured	0,14
16345	Beans, pinto, mature seeds, canned, drained solids, rinsed in tap water	0,14
19089	Ice creams, vanilla, rich	0,14
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	0,14
01105	Milk, chocolate beverage, hot cocoa, homemade	0,14
16146	Beans, pinto, canned, drained solids	0,14
18453	Cake, yellow, light, dry mix	0,14
28294	Cookie, chocolate, with icing or coating	0,14
36632	CARRABBA'S ITALIAN GRILL, spaghetti with meat sauce	0,14
11182	Corn, yellow, whole kernel, frozen, microwaved	0,14
11950	Mushrooms, enoki, raw	0,14
14182	Beverages, chocolate syrup, prepared with whole milk	0,14
19122	Puddings, banana, dry mix, regular, prepared with 2% milk	0,14
19185	Puddings, chocolate, dry mix, instant, prepared with whole milk	0,14

NDB_No	Description	Tyrosine(g) Value Per
01050	Cream, fluid, light (coffee cream or table cream)	0,14
12100	Nuts, chestnuts, european, dried, peeled	0,14
19209	Puddings, tapioca, dry mix, prepared with 2% milk	0,14
06167	Sauce, homemade, white, thick	0,14
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	0,14
18275	Muffins, blueberry, dry mix	0,14
19219	Puddings, coconut cream, dry mix, regular, prepared with 2% milk	0,14
36408	Restaurant, Latino, pupusas con frijoles (pupusas, bean)	0,14
01074	Sour cream, imitation, cultured	0,14
14245	Beverages, Eggnog-flavor mix, powder, prepared with whole milk	0,14
19199	Puddings, tapioca, dry mix, prepared with whole milk	0,14
19325	Puddings, coconut cream, dry mix, regular, prepared with whole milk	0,14
19367	Toppings, nuts in syrup	0,14
20139	Wheat, KAMUT khorasan, cooked	0,14
36630	Restaurant, Italian, spaghetti with meat sauce	0,14
02010	Spices, cinnamon, ground	0,14
14415	Alcoholic beverage, liqueur, coffee with cream, 34 proof	0,14
18141	Cake, yellow, commercially prepared, with vanilla frosting	0,14
11419	Pumpkin leaves, cooked, boiled, drained, without salt	0,14
11848	Pumpkin leaves, cooked, boiled, drained, with salt	0,14
18321	Pie, lemon meringue, prepared from recipe	0,14
19208	Puddings, rice, dry mix, prepared with 2% milk	0,14
21078	Fast foods, nachos, with cheese	0,14
21268	TACO BELL, Nachos	0,14
01053	Cream, fluid, heavy whipping	0,13
01104	Milk, chocolate, lowfat, with added vitamin A and vitamin D	0,13
02046	Mustard, prepared, yellow	0,13
11245	Lambsquarters, cooked, boiled, drained, without salt	0,13
11794	Lambsquarters, cooked, boiled, drained, with salt	0,13
12096	Nuts, chestnuts, chinese, roasted	0,13
16137	Hummus, home prepared	0,13
18114	Cake, gingerbread, dry mix	0,13
18205	Cookies, sugar, refrigerated dough	0,13
18365	Waffles, plain, frozen, ready-to-heat	0,13
19121	Puddings, banana, dry mix, instant, prepared with 2% milk	0,13
19204	Puddings, lemon, dry mix, instant, prepared with 2% milk	0,13

NDB_No	Description	Tyrosine(g) Value Per
20094	Pasta, fresh-refrigerated, plain, cooked	0,13
18312	Pie, chocolate mousse, prepared from mix, no-bake type	0,13
19195	Puddings, rice, dry mix, prepared with whole milk	0,13
20143	Teff, cooked	0,13
22401	Spaghetti with meat sauce, frozen entree	0,13
03043	Babyfood, dinner, beef lasagna, toddler	0,13
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	0,13
11272	Mustard greens, frozen, unprepared	0,13
18152	Cookies, brownies, dry mix, regular	0,13
18303	Pie, banana cream, prepared from mix, no-bake type	0,13
19191	Puddings, coconut cream, dry mix, instant, prepared with 2% milk	0,13
11033	Lima beans, immature seeds, canned, regular pack, solids and liquids	0,13
11715	Lima beans, immature seeds, canned, no salt added, solids and liquids	0,13
18107	Coffeecake, cinnamon with crumb topping, dry mix	0,13
18156	Cookies, fudge, cake-type (includes trolley cakes)	0,13
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	0,13
28293	Cookie, butter or sugar, with chocolate icing or filling	0,13
02026	Spices, onion powder	0,13
06015	Soup, chicken, canned, chunky, ready-to-serve	0,13
06064	Soup, turkey, chunky, canned, ready-to-serve	0,13
08147	Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit	0,13
11192	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	0,13
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	0,13
11777	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, with salt	0,13
11892	Turnip greens, frozen, cooked, boiled, drained, with salt	0,13
18249	Doughnuts, cake-type, plain, chocolate-coated or frosted	0,13
19323	Puddings, coconut cream, dry mix, instant, prepared with whole milk	0,13
36413	Restaurant, Latino, black bean soup	0,13
19321	Puddings, banana, dry mix, regular, prepared with whole milk	0,13
09244	Peaches, dehydrated (low-moisture), sulfured, uncooked	0,13
18167	Cookies, chocolate sandwich, with creme filling, regular, chocolate-coated	0,13
18210	Cookies, vanilla sandwich with creme filling	0,13
11316	Peas, mature seeds, sprouted, raw	0,13
16034	Beans, kidney, red, mature seeds, canned, solids and liquids	0,13
16337	Beans, kidney, red, mature seeds, canned, solids and liquid, low sodium	0,13
18112	Cake, pudding-type, german chocolate, dry mix	0,13

NDB_No	Description	Tyrosine(g) Value Per
18399	Pie crust, cookie-type, prepared from recipe, graham cracker, chilled	0,13
06216	Soup, cream of chicken, canned, prepared with equal volume milk	0,13
06451	Soup, pea, split with ham, canned, prepared with equal volume water	0,13
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	0,13
11770	Corn, sweet, yellow, cooked, boiled, drained, with salt	0,13
11901	Corn, sweet, white, cooked, boiled, drained, without salt	0,13
11902	Corn, sweet, white, cooked, boiled, drained, with salt	0,13
19203	Puddings, vanilla, dry mix, instant, prepared with whole milk	0,13
19331	Puddings, lemon, dry mix, instant, prepared with whole milk	0,13
11180	Corn, sweet, yellow, frozen, kernels on cob, unprepared	0,12
11913	Corn, sweet, white, frozen, kernels on cob, unprepared	0,12
12093	Nuts, chestnuts, chinese, raw	0,12
18116	Cake, gingerbread, prepared from recipe	0,12
18171	Cookies, fortune	0,12
18191	Cookies, raisin, soft-type	0,12
18198	Cookies, chocolate chip, commercially prepared, special dietary	0,12
10167	Pork, cured, separable fat (from ham and arm picnic), roasted	0,12
16029	Beans, kidney, all types, mature seeds, canned	0,12
18142	Cake, pudding-type, yellow, dry mix	0,12
03090	Babyfood, dinner, macaroni and cheese, junior	0,12
11167	Corn, sweet, yellow, raw	0,12
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	0,12
11810	Peas, edible-podded, frozen, cooked, boiled, drained, with salt	0,12
11900	Corn, sweet, white, raw	0,12
14347	Shake, fast food, vanilla	0,12
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids	0,12
16360	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids, low sodium	0,12
18135	Cake, pudding-type, white, enriched, dry mix	0,12
18419	Cake, pudding-type, white, unenriched, dry mix	0,12
18947	Pie crust, deep dish, frozen, baked, made with enriched flour	0,12
19319	Puddings, banana, dry mix, instant, prepared with whole milk	0,12
22976	Ravioli, cheese with tomato sauce, frozen, not prepared, includes regular and light entrees	0,12
18170	Cookies, fig bars	0,12
18401	Pie crust, cookie-type, prepared from recipe, vanilla wafer, chilled	0,12
20127	Spaghetti, spinach, cooked	0,12
09041	Bananas, dehydrated, or banana powder	0,12

NDB_No	Description	Tyrosine(g) Value Per
11191	Cowpeas (blackeyes), immature seeds, raw	0,12
11372	Potatoes, scalloped, home-prepared with butter	0,12
11844	Potatoes, scalloped, home-prepared with margarine	0,12
16006	Beans, baked, canned, plain or vegetarian	0,12
18119	Cake, pineapple upside-down, prepared from recipe	0,12
18209	Cookies, sugar wafers with creme filling, regular	0,12
01202	Milk, chocolate, fluid, commercial, reduced fat, with added calcium	0,12
11273	Mustard greens, frozen, cooked, boiled, drained, without salt	0,12
11800	Mustard greens, frozen, cooked, boiled, drained, with salt	0,12
16055	Carob flour	0,12
20106	Macaroni, vegetable, enriched, cooked	0,12
21248	WENDY'S, Frosty Dairy Dessert	0,12
06406	Soup, bean with frankfurters, canned, prepared with equal volume water	0,12
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	0,12
11775	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt	0,12
11914	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, without salt	0,12
11915	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt	0,12
14222	Beverages, coffee, instant, with chicory	0,12
16010	Beans, baked, canned, with pork and sweet sauce	0,12
16011	Beans, baked, canned, with pork and tomato sauce	0,12
16403	Refried beans, canned, traditional, reduced sodium	0,12
18160	Cookies, chocolate chip, commercially prepared, soft-type	0,12
18174	Cookies, graham crackers, chocolate-coated	0,12
18326	Pie, pumpkin, commercially prepared	0,12
20655	Pasta, gluten-free, corn flour and quinoa flour, cooked, ANCIENT HARVEST	0,12
06071	Soup, vegetable beef, canned, condensed	0,12
11232	Jute, potherb, cooked, boiled, drained, without salt	0,12
11789	Jute, potherb, cooked, boiled, drained, with salt	0,12
18127	Cake, snack cakes, creme-filled, chocolate with frosting	0,12
18334	Pie crust, standard-type, frozen, ready-to-bake, enriched	0,12
03127	Babyfood, vegetables, spinach, creamed, strained	0,12
11199	Yardlong bean, raw	0,12
11301	Peas, edible-podded, boiled, drained, without salt	0,12
11809	Peas, edible-podded, cooked, boiled, drained, with salt	0,12
11910	Corn, sweet, white, frozen, kernels cut off cob, unprepared	0,12
18354	Strudel, apple	0,12

NDB_No	Description	Tyrosine(g) Value Per
20098	Pasta, homemade, made without egg, cooked	0,12
25060	Snack, Pretzel, hard chocolate coated	0,12
09030	Apricots, dehydrated (low-moisture), sulfured, uncooked	0,11
11304	Peas, green, raw	0,11
11911	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt	0,11
11912	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt	0,11
20034	Oat bran, cooked	0,11
02064	Peppermint, fresh	0,11
11178	Corn, sweet, yellow, frozen, kernels cut off cob, unprepared	0,11
11458	Spinach, cooked, boiled, drained, without salt	0,11
11854	Spinach, cooked, boiled, drained, with salt	0,11
16003	Beans, adzuki, mature seeds, canned, sweetened	0,11
11305	Peas, green, cooked, boiled, drained, without salt	0,11
11370	Potatoes, hash brown, home-prepared	0,11
11811	Peas, green, cooked, boiled, drained, with salt	0,11
12115	Nuts, coconut cream, raw (liquid expressed from grated meat)	0,11
18120	Cake, pound, commercially prepared, butter (includes fresh and frozen)	0,11
18213	Cookies, vanilla wafers, higher fat	0,11
22912	Spaghetti, with meatballs in tomato sauce, canned	0,11
03304	Babyfood, dinner, potatoes with cheese and ham, toddler	0,11
18446	Pie crust, standard-type, frozen, ready-to-bake, unenriched	0,11
25056	Snacks, granola bar, QUAKER, DIPPS, all flavors	0,11
36026	CRACKER BARREL, onion rings, thick-cut	0,11
06201	Soup, cream of asparagus, canned, prepared with equal volume milk	0,11
11312	Peas, green, frozen, unprepared	0,11
11577	Turnip greens and turnips, frozen, cooked, boiled, drained, without salt	0,11
11893	Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	0,11
18940	Muffin, blueberry, commercially prepared, low-fat	0,11
19039	Snacks, popcorn, caramel-coated, without peanuts	0,11
36411	Restaurant, Latino, tamale, corn	0,11
11313	Peas, green, frozen, cooked, boiled, drained, without salt	0,11
11457	Spinach, raw	0,11
11814	Peas, green, frozen, cooked, boiled, drained, with salt	0,11
16130	Okara	0,11
18314	Pie, coconut cream, prepared from mix, no-bake type	0,11
20032	Millet, cooked	0,11

NDB_No	Description	Tyrosine(g) Value Per
20421	Pasta, cooked, unenriched, without added salt	0,11
20521	Pasta, cooked, unenriched, with added salt	0,11
36031	DENNY'S, onion rings	0,11
20092	Pasta, gluten-free, corn, cooked	0,11
20121	Pasta, cooked, enriched, without added salt	0,11
20321	Pasta, cooked, enriched, with added salt	0,11
25012	Snacks, sweet potato chips, unsalted	0,11
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	0,11
11461	Spinach, canned, regular pack, drained solids	0,11
11774	Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt	0,11
01052	Cream, fluid, light whipping	0,10
18117	Cake, pudding-type, marble, dry mix	0,10
19916	Syrups, chocolate, HERSHEY'S Sugar free, Genuine Chocolate Flavored, Lite Syrup	0,10
20115	Noodles, japanese, soba, cooked	0,10
20117	Noodles, japanese, somen, cooked	0,10
22900	Ravioli, meat-filled, with tomato sauce or meat sauce, canned	0,10
08578	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, microwaved, without salt	0,10
10105	Pork, fresh, variety meats and by-products, jowl, raw	0,10
11414	Potato salad, home-prepared	0,10
12110	Nuts, coconut meat, dried (desiccated), sweetened, flaked, canned	0,10
36417	Restaurant, Mexican, spanish rice	0,10
06253	Soup, cream of potato, canned, prepared with equal volume milk	0,10
06359	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	0,10
09144	Jackfruit, raw	0,10
11200	Yardlong bean, cooked, boiled, drained, without salt	0,10
11899	Yardlong bean, cooked, boiled, drained, with salt	0,10
12104	Nuts, coconut meat, raw	0,10
18945	Pie crust, deep dish, frozen, unbaked, made with enriched flour	0,10
36036	Restaurant, family style, onion rings	0,10
04016	Salad dressing, sesame seed dressing, regular	0,10
10004	Pork, fresh, backfat, raw	0,10
28291	Cookies, animal, with frosting or icing	0,10
04028	Salad dressing, mayonnaise, imitation, milk cream	0,10
06243	Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk	0,10
06358	Soup, tomato bisque, canned, prepared with equal volume milk	0,10
06411	Soup, cheese, canned, prepared with equal volume water	0,10

NDB_No	Description	Tyrosine(g) Value Per
08121	Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), without salt	0,10
11236	Kale, frozen, cooked, boiled, drained, without salt	0,10
11791	Kale, frozen, cooked, boiled, drained, with salt	0,10
18014	Biscuits, plain or buttermilk, refrigerated dough, higher fat	0,10
18085	Bread stuffing, cornbread, dry mix, prepared	0,10
18253	Doughnuts, french crullers, glazed	0,10
22955	Egg rolls, vegetable, frozen, prepared	0,10
01076	Milk substitutes, fluid, with lauric acid oil	0,10
02063	Rosemary, fresh	0,10
06009	Soup, beef noodle, canned, condensed	0,10
06210	Soup, cream of celery, canned, prepared with equal volume milk	0,10
12205	Seeds, lotus seeds, raw	0,10
18166	Cookies, chocolate sandwich, with creme filling, regular	0,10
20029	Couscous, cooked	0,10
36407	Restaurant, Latino, Arroz con grandules (rice and pigeonpeas)	0,10
02065	Spearmint, fresh	0,10
11300	Peas, edible-podded, raw	0,10
11302	Peas, edible-podded, frozen, unprepared	0,10
11395	Potatoes, french fried, shoestring, salt added in processing, frozen, oven-heated	0,10
11622	Kale, scotch, raw	0,10
16004	Yokan, prepared from adzuki beans and sugar	0,10
36014	Restaurant, family style, french fries	0,10
11391	Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil	0,10
11521	Taro leaves, cooked, steamed, without salt	0,10
11879	Taro, leaves, cooked, steamed, with salt	0,10
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	0,10
20037	Rice, brown, long-grain, cooked	0,10
02045	Dill weed, fresh	0,10
11574	Turnip greens, frozen, unprepared	0,10
21249	BURGER KING, french fries	0,10
03283	Babyfood, vegetables, garden vegetable, strained	0,10
11156	Chives, raw	0,10
18110	Cake, fruitcake, commercially prepared	0,10
36406	Restaurant, Latino, Arroz con habichuelas colorados (Rice And Red Beans)	0,10
06016	Soup, cream of chicken, canned, condensed	0,09
09173	Longans, dried	0,09

NDB_No	Description	Tyrosine(g) Value Per
09246	Peaches, dried, sulfured, uncooked	0,09
11235	Kale, frozen, unprepared	0,09
11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	0,09
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	0,09
20110	Noodles, egg, enriched, cooked	0,09
20134	Rice noodles, cooked	0,09
20310	Noodles, egg, cooked, enriched, with added salt	0,09
20410	Noodles, egg, unenriched, cooked, without added salt	0,09
20510	Noodles, egg, cooked, unenriched, with added salt	0,09
36022	APPLEBEE'S, crunchy onion rings	0,09
03287	Babyfood, dinner, beef noodle, junior	0,09
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	0,09
11813	Peas, green, canned, no salt added, drained solids	0,09
16044	Beans, pinto, mature seeds, canned, solids and liquids	0,09
16347	Beans, pinto, mature seeds, canned, solids and liquids, low sodium	0,09
06061	Soup, tomato beef with noodle, canned, condensed	0,09
10166	Pork, cured, separable fat (from ham and arm picnic), unheated	0,09
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	0,09
11295	Onion rings, breaded, par fried, frozen, unprepared	0,09
11671	Potatoes, o'brien, home-prepared	0,09
11773	Corn, sweet, yellow, canned, vacuum pack, no salt added	0,09
11908	Corn, sweet, white, canned, vacuum pack, regular pack	0,09
11909	Corn, sweet, white, canned, vacuum pack, no salt added	0,09
36047	OLIVE GARDEN, spaghetti with pomodoro sauce	0,09
11381	Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added	0,09
11675	Potatoes, microwaved, cooked in skin, flesh and skin, without salt	0,09
11834	Potatoes, microwaved, cooked, in skin, flesh and skin, with salt	0,09
11929	Potatoes, mashed, prepared from granules, without milk, whole milk and margarine	0,09
36610	DENNY'S, french fries	0,09
11097	Broccoli raab, cooked	0,09
11497	Succotash, (corn and limas), canned, with cream style corn	0,09
11905	Corn, sweet, white, canned, whole kernel, drained solids	0,09
18082	Bread stuffing, bread, dry mix, prepared	0,09
18319	Pie, fried pies, fruit	0,09
18324	Pie, pecan, commercially prepared	0,09
18444	Pie, fried pies, cherry	0,09

NDB_No	Description	Tyrosine(g) Value Per
18445	Pie, fried pies, lemon	0,09
18938	Toaster Pastries, fruit, frosted (include apples, blueberry, cherry, strawberry)	0,09
20013	Bulgur, cooked	0,09
20045	Rice, white, long-grain, regular, enriched, cooked	0,09
20345	Rice, white, long-grain, regular, cooked, enriched, with salt	0,09
20445	Rice, white, long-grain, regular, unenriched, cooked without salt	0,09
20545	Rice, white, long-grain, regular, cooked, unenriched, with salt	0,09
21387	BURGER KING, Hash Brown Rounds	0,09
36607	CRACKER BARREL, steak fries	0,09
11409	Potatoes, frozen, french fried, par fried, extruded, prepared, heated in oven, without salt	0,09
11499	Succotash, (corn and limas), canned, with whole kernel corn, solids and liquids	0,09
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	0,09
16065	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned with pork	0,09
16120	Soymilk, original and vanilla, unfortified	0,09
16166	Soymilk, chocolate, unfortified	0,09
16424	Soy sauce made from soy and wheat (shoyu), low sodium	0,09
18090	Cake, boston cream pie, commercially prepared	0,09
11172	Corn, sweet, yellow, canned, whole kernel, drained solids	0,09
11400	Potatoes, frozen, whole, unprepared	0,09
12167	Nuts, chestnuts, european, roasted	0,09
18202	Cookies, sugar wafer, with creme filling, sugar free	0,09
11184	Corn with red and green peppers, canned, solids and liquids	0,09
11278	Okra, raw	0,09
11956	Tomatoes, sun-dried, packed in oil, drained	0,09
18131	Cake, white, dry mix, special dietary (includes lemon-flavored)	0,09
18196	Cookies, brownies, dry mix, sugar free	0,09
20041	Rice, brown, medium-grain, cooked	0,09
03053	Babyfood, dinner, vegetables and beef, strained	0,09
11407	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, oven-heated	0,09
11583	Vegetables, mixed, frozen, unprepared	0,09
11840	Potatoes, frozen, french fried, par fried, cottage-cut, prepared, heated in oven, with salt	0,09
12095	Nuts, chestnuts, chinese, boiled and steamed	0,09
20447	Rice, white, long-grain, parboiled, unenriched, cooked	0,09
05047	Chicken, broilers or fryers, separable fat, raw	0,08
08123	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	0,08
11326	Peas and onions, frozen, unprepared	0,08

NDB_No	Description	Tyrosine(g) Value Per
11360	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated	0,08
12204	Nuts, chestnuts, japanese, roasted	0,08
19524	Snacks, taro chips	0,08
36046	Restaurant, Italian, spaghetti with pomodoro sauce (no meat)	0,08
03197	Babyfood, cereal, with egg yolks, strained	0,08
03198	Babyfood, cereal, with egg yolks, junior	0,08
11177	Corn, sweet, yellow, canned, drained solids, rinsed with tap water	0,08
11987	Mushrooms, oyster, raw	0,08
20047	Rice, white, long-grain, parboiled, enriched, cooked	0,08
22905	Beef stew, canned entree	0,08
08061	Cereals ready-to-eat, POST Raisin Bran Cereal	0,08
11616	Dock, raw	0,08
18176	Cookies, marshmallow, chocolate-coated (includes marshmallow pies)	0,08
20137	Quinoa, cooked	0,08
03045	Babyfood, dinner, macaroni and tomato and beef, junior	0,08
10165	Pork, cured, salt pork, raw	0,08
11297	Parsley, fresh	0,08
11930	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and margarine added	0,08
28289	Cookie, vanilla with caramel, coconut, and chocolate coating	0,08
11045	Mung beans, mature seeds, sprouted, cooked, stir-fried	0,08
11215	Garlic, raw	0,08
11279	Okra, cooked, boiled, drained, without salt	0,08
11514	Sweet potato, canned, mashed	0,08
11803	Okra, cooked, boiled, drained, with salt	0,08
18313	Pie, coconut creme, commercially prepared	0,08
11003	Amaranth leaves, raw	0,08
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	0,08
11359	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, as purchased	0,08
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	0,08
11459	Spinach, canned, regular pack, solids and liquids	0,08
11503	Swamp cabbage, (skunk cabbage), raw	0,08
11769	Collards, frozen, chopped, cooked, boiled, drained, with salt	0,08
11855	Spinach, canned, no salt added, solids and liquids	0,08
18308	Pie, cherry, commercially prepared	0,08
19246	Frostings, white, fluffy, dry mix	0,08
20051	Rice, white, medium-grain, enriched, cooked	0,08

NDB_No	Description	Tyrosine(g) Value Per
20451	Rice, white, medium-grain, cooked, unenriched	0,08
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	0,08
08575	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, microwaved, without salt	0,08
18128	Cake, snack cakes, creme-filled, sponge	0,08
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	0,08
20053	Rice, white, short-grain, enriched, cooked	0,08
20453	Rice, white, short-grain, cooked, unenriched	0,08
03054	Babyfood, dinner, vegetables and beef, junior	0,08
11238	Mushrooms, shiitake, raw	0,08
11368	Potatoes, microwaved, cooked in skin, flesh, without salt	0,08
11399	Potato puffs, frozen, oven-heated	0,08
11576	Turnip greens and turnips, frozen, unprepared	0,08
11657	Potatoes, mashed, home-prepared, whole milk added	0,08
11835	Potatoes, microwaved, cooked in skin, flesh, with salt	0,08
19220	Desserts, rennin, chocolate, dry mix	0,08
02044	Basil, fresh	0,08
06025	Soup, chicken vegetable, canned, condensed	0,08
11267	Mushrooms, shiitake, stir-fried	0,08
11402	Potatoes, french fried, all types, salt added in processing, frozen, unprepared	0,08
11096	Broccoli raab, raw	0,08
11383	Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	0,08
18309	Pie, cherry, prepared from recipe	0,08
36048	CARRABBA'S ITALIAN GRILL, spaghetti with pomodoro sauce	0,08
11170	Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	0,07
11394	Potatoes, french fried, shoestring, salt added in processing, frozen, as purchased	0,07
11411	Potatoes, french fried, steak fries, salt added in processing, frozen, as purchased	0,07
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	0,07
11894	Vegetables, mixed, frozen, cooked, boiled, drained, with salt	0,07
11903	Corn, sweet, white, canned, whole kernel, regular pack, solids and liquids	0,07
11904	Corn, sweet, white, canned, whole kernel, no salt added, solids and liquids	0,07
11934	Potatoes, mashed, home-prepared, whole milk and butter added	0,07
18095	Cake, cherry fudge with chocolate frosting	0,07
11163	Collards, frozen, chopped, unprepared	0,07
11280	Okra, frozen, unprepared	0,07
11363	Potatoes, baked, flesh, without salt	0,07
11804	Okra, frozen, cooked, boiled, drained, with salt	0,07

NDB_No	Description	Tyrosine(g) Value Per
11829	Potatoes, baked, flesh, with salt	0,07
11953	Squash, zucchini, baby, raw	0,07
01073	Dessert topping, semi solid, frozen	0,07
11677	Shallots, raw	0,07
18302	Pie, apple, prepared from recipe	0,07
18306	Pie, blueberry, prepared from recipe	0,07
08105	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), cooked with water, without salt	0,07
11281	Okra, frozen, cooked, boiled, drained, without salt	0,07
11322	Peas and carrots, frozen, unprepared	0,07
11398	Potato puffs, frozen, unprepared	0,07
11408	Potatoes, frozen, french fried, par fried, extruded, unprepared	0,07
12117	Nuts, coconut milk, raw (liquid expressed from grated meat and water)	0,07
19364	Toppings, butterscotch or caramel	0,07
08113	Cereals, farina, enriched, cooked with water, without salt	0,07
08173	Cereals, farina, enriched, cooked with water, with salt	0,07
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	0,07
11095	Broccoli, frozen, spears, cooked, boiled, drained, without salt	0,07
11243	Mushrooms, portabella, grilled	0,07
11324	Peas and onions, canned, solids and liquids	0,07
11516	Sweet potato, frozen, unprepared	0,07
11517	Sweet potato, frozen, cooked, baked, without salt	0,07
11743	Broccoli, frozen, chopped, cooked, boiled, drained, with salt	0,07
11744	Broccoli, frozen, spears, cooked, boiled, drained, with salt	0,07
11877	Sweet potato, frozen, cooked, baked, with salt	0,07
11993	Mushrooms, maitake, raw	0,07
18322	Pie, mince, prepared from recipe	0,07
18946	Pie crust, refrigerated, regular, baked	0,07
06040	Soup, minestrone, canned, condensed	0,07
11094	Broccoli, frozen, spears, unprepared	0,07
11365	Potatoes, boiled, cooked in skin, flesh, without salt	0,07
11831	Potatoes, boiled, cooked in skin, flesh, with salt	0,07
21140	Side dishes, potato salad	0,07
03120	Babyfood, vegetables, corn, creamed, junior	0,07
11004	Amaranth leaves, cooked, boiled, drained, without salt	0,07
11700	Amaranth leaves, cooked, boiled, drained, with salt	0,07
11876	Sweet potato, cooked, boiled, without skin, with salt	0,07

NDB_No	Description	Tyrosine(g) Value Per
03066	Babyfood, dinner, vegetables and lamb, strained	0,07
03119	Babyfood, vegetables, corn, creamed, strained	0,07
11234	Kale, cooked, boiled, drained, without salt	0,07
11323	Peas and carrots, frozen, cooked, boiled, drained, without salt	0,07
11489	Squash, winter, hubbard, raw	0,07
11581	Vegetables, mixed, canned, drained solids	0,07
11623	Kale, scotch, cooked, boiled, drained, without salt	0,07
11790	Kale, cooked, boiled, drained, with salt	0,07
11792	Kale, scotch, cooked, boiled, drained, with salt	0,07
12097	Nuts, chestnuts, european, raw, unpeeled	0,07
20055	Rice, white, glutinous, unenriched, cooked	0,07
03067	Babyfood, dinner, vegetables and lamb, junior	0,07
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	0,07
08161	Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt	0,07
11161	Collards, raw	0,07
11174	Corn, sweet, yellow, canned, cream style, regular pack	0,07
11546	Tomato products, canned, paste, without salt added	0,07
11772	Corn, sweet, yellow, canned, cream style, no salt added	0,07
11812	Peas, green, canned, no salt added, solids and liquids	0,07
11906	Corn, sweet, white, canned, cream style, regular pack	0,07
11907	Corn, sweet, white, canned, cream style, no salt added	0,07
11967	Cauliflower, green, cooked, no salt added	0,07
11968	Cauliflower, green, cooked, with salt	0,07
11306	Peas, green, canned, regular pack, solids and liquids	0,06
11310	Peas, green, canned, seasoned, solids and liquids	0,06
20006	Barley, pearled, cooked	0,06
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	0,06
11367	Potatoes, boiled, cooked without skin, flesh, without salt	0,06
11504	Swamp cabbage (skunk cabbage), cooked, boiled, drained, without salt	0,06
11817	Peas and carrots, frozen, cooked, boiled, drained, with salt	0,06
11833	Potatoes, boiled, cooked without skin, flesh, with salt	0,06
11873	Swamp cabbage (skunk cabbage), cooked, boiled, drained, with salt	0,06
11965	Cauliflower, green, raw	0,06
12202	Nuts, chestnuts, japanese, raw	0,06
11092	Broccoli, frozen, chopped, unprepared	0,06
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	0,06

NDB_No	Description	Tyrosine(g) Value Per
11591	Watercress, raw	0,06
11740	Broccoli, flower clusters, raw	0,06
11741	Broccoli, stalks, raw	0,06
11356	Potatoes, Russet, flesh and skin, baked	0,06
11771	Corn, sweet, yellow, canned, no salt added, solids and liquids	0,06
12118	Nuts, coconut milk, canned (liquid expressed from grated meat and water)	0,06
16168	Soymilk, chocolate, with added calcium, vitamins A and D	0,06
20010	Buckwheat groats, roasted, cooked	0,06
25036	Snacks, granola bites, mixed flavors	0,06
11087	Beet greens, cooked, boiled, drained, without salt	0,06
11406	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, as purchased	0,06
11736	Beet greens, cooked, boiled, drained, with salt	0,06
12127	Nuts, ginkgo nuts, raw	0,06
27001	Soup, hot and sour, Chinese restaurant	0,06
06001	Soup, cream of asparagus, canned, condensed	0,06
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	0,06
08574	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, stove-top, without salt	0,06
11091	Broccoli, cooked, boiled, drained, without salt	0,06
11555	Tomato products, canned, sauce, with herbs and cheese	0,06
11742	Broccoli, cooked, boiled, drained, with salt	0,06
03245	Babyfood, dessert, custard pudding, vanilla, strained	0,06
11487	Squash, winter, butternut, frozen, unprepared	0,06
08107	Cereals, CREAM OF WHEAT, instant, prepared with water, without salt	0,06
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	0,06
08165	Cereals, corn grits, yellow, regular, quick, enriched, cooked with water, with salt	0,06
11568	Turnip greens, raw	0,06
11674	Potatoes, baked, flesh and skin, without salt	0,06
11828	Potatoes, baked, flesh and skin, with salt	0,06
19924	Syrup, NESTLE, chocolate	0,06
01068	Cream substitute, liquid, with lauric acid oil and sodium caseinate	0,06
11012	Asparagus, cooked, boiled, drained	0,06
11705	Asparagus, cooked, boiled, drained, with salt	0,06
12109	Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	0,06
01072	Dessert topping, pressurized	0,06
03195	Babyfood, cereal, rice, with applesauce and bananas, strained	0,06
03934	Babyfood, corn and sweet potatoes, strained	0,06

NDB_No	Description	Tyrosine(g) Value Per
11162	Collards, cooked, boiled, drained, without salt	0,06
11768	Collards, cooked, boiled, drained, with salt	0,06
20030	Hominy, canned, white	0,06
20330	Hominy, canned, yellow	0,06
06017	Soup, chicken gumbo, canned, condensed	0,06
11518	Taro, raw	0,06
12101	Nuts, chestnuts, european, boiled and steamed	0,06
08093	Cereals, QUAKER, corn grits, instant, plain, prepared (microwaved or boiling water added), without salt	0,05
09039	Avocados, raw, Florida	0,05
11266	Mushrooms, brown, italian, or crimini, raw	0,05
11327	Peas and onions, frozen, cooked, boiled, drained, without salt	0,05
11358	Potatoes, red, flesh and skin, baked	0,05
11818	Peas and onions, frozen, cooked, boiled, drained, with salt	0,05
11998	Mushrooms, portabella, exposed to ultraviolet light, raw	0,05
18301	Pie, apple, commercially prepared, enriched flour	0,05
18320	Pie, lemon meringue, commercially prepared	0,05
18443	Pie, apple, commercially prepared, unenriched flour	0,05
01107	Milk, human, mature, fluid	0,05
11225	Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt	0,05
11291	Onions, spring or scallions (includes tops and bulb), raw	0,05
11570	Turnip greens, canned, solids and liquids	0,05
11647	Sweet potato, canned, syrup pack, drained solids	0,05
11788	Hyacinth-beans, immature seeds, cooked, boiled, drained, with salt	0,05
19247	Frostings, white, fluffy, dry mix, prepared with water	0,05
19400	Snacks, banana chips	0,05
03191	Babyfood, cereal, oatmeal, with applesauce and bananas, strained	0,05
03192	Babyfood, cereal, oatmeal, with applesauce and bananas, junior, fortified	0,05
03282	Babyfood, vegetables, mix vegetables junior	0,05
09245	Peaches, dehydrated (low-moisture), sulfured, stewed	0,05
11011	Asparagus, raw	0,05
11043	Mung beans, mature seeds, sprouted, raw	0,05
11086	Beet greens, raw	0,05
11376	Potatoes, canned, drained solids	0,05
11390	Potatoes, hash brown, frozen, plain, unprepared	0,05
18323	Pie, peach	0,05
18944	Pie, Dutch Apple, Commercially Prepared	0,05

NDB_No	Description	Tyrosine(g) Value Per
09088	Elderberries, raw	0,05
11018	Asparagus, frozen, unprepared	0,05
11135	Cauliflower, raw	0,05
16139	Soymilk, original and vanilla, with added calcium, vitamins A and D	0,05
18305	Pie, blueberry, commercially prepared	0,05
06024	Soup, chicken and vegetable, canned, ready-to-serve	0,05
08577	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, stove-top, without salt	0,05
11090	Broccoli, raw	0,05
11490	Squash, winter, hubbard, baked, without salt	0,05
11491	Squash, winter, hubbard, cooked, boiled, mashed, without salt	0,05
11868	Squash, winter, hubbard, baked, with salt	0,05
11869	Squash, winter, hubbard, cooked, boiled, mashed, with salt	0,05
12176	Nuts, coconut milk, frozen (liquid expressed from grated meat and water)	0,05
18948	Pie crust, refrigerated, regular, unbaked	0,05
19240	Frostings, chocolate, creamy, dry mix	0,05
06053	Soup, cream of potato, canned, condensed	0,05
08101	Cereals, CREAM OF RICE, cooked with water, without salt	0,05
08168	Cereals, CREAM OF RICE, cooked with water, with salt	0,05
09037	Avocados, raw, all commercial varieties	0,05
09314	Sapote, mamey, raw	0,05
11357	Potatoes, white, flesh and skin, baked	0,05
11643	Squash, winter, all varieties, raw	0,05
11669	Seaweed, wakame, raw	0,05
11961	Hearts of palm, canned	0,05
27002	Soup, wonton, Chinese restaurant	0,05
06072	Soup, vegetable with beef broth, canned, condensed	0,05
06416	Soup, cream of chicken, canned, prepared with equal volume water	0,05
09038	Avocados, raw, California	0,05
11352	Potatoes, flesh and skin, raw	0,05
13335	Beef, variety meats and by-products, suet, raw	0,05
08169	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, with salt	0,05
11019	Asparagus, frozen, cooked, boiled, drained, without salt	0,05
11263	Mushrooms, white, stir-fried	0,05
11709	Asparagus, frozen, cooked, boiled, drained, with salt	0,05
03091	Babyfood, vegetables, green beans, strained	0,05
04025	Salad dressing, mayonnaise, regular	0,05

NDB_No	Description	Tyrosine(g) Value Per
04026	Salad dressing, mayonnaise, soybean and safflower oil, with salt	0,05
06158	Soup, tomato bisque, canned, condensed	0,05
08103	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt	0,05
11259	Mountain yam, hawaii, cooked, steamed, without salt	0,05
11424	Pumpkin, canned, without salt	0,05
11846	Pumpkin, canned, with salt	0,05
11927	Mountain yam, hawaii, cooked, steamed, with salt	0,05
03226	Babyfood, dessert, fruit pudding, orange, strained	0,04
09031	Apricots, dehydrated (low-moisture), sulfured, stewed	0,04
11318	Peas and carrots, canned, regular pack, solids and liquids	0,04
11374	Potatoes, canned, solids and liquids	0,04
11426	Pumpkin pie mix, canned	0,04
11816	Peas and carrots, canned, no salt added, solids and liquids	0,04
12098	Nuts, chestnuts, european, raw, peeled	0,04
03187	Babyfood, cereal, mixed, with applesauce and bananas, strained	0,04
03286	Babyfood, vegetables, mix vegetables strained	0,04
09060	Carambola, (starfruit), raw	0,04
11053	Beans, snap, green, cooked, boiled, drained, without salt	0,04
11137	Cauliflower, frozen, unprepared	0,04
11260	Mushrooms, white, raw	0,04
11269	Mushrooms, shiitake, cooked, without salt	0,04
11355	Potatoes, red, flesh and skin, raw	0,04
11508	Sweet potato, cooked, baked in skin, flesh, without salt	0,04
11569	Turnip greens, cooked, boiled, drained, without salt	0,04
11723	Beans, snap, green, cooked, boiled, drained, with salt	0,04
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	0,04
11725	Beans, snap, yellow, cooked, boiled, drained, with salt	0,04
11798	Mushrooms, shiitake, cooked, with salt	0,04
11875	Sweet potato, cooked, baked in skin, flesh, with salt	0,04
11891	Turnip greens, cooked, boiled, drained, with salt	0,04
03188	Babyfood, cereal, mixed, with applesauce and bananas, junior, fortified	0,04
06010	Soup, cream of celery, canned, condensed	0,04
11124	Carrots, raw	0,04
19241	Frostings, chocolate, creamy, dry mix, prepared with butter	0,04
19372	Frostings, chocolate, creamy, dry mix, prepared with margarine	0,04
25035	Snacks, granola bar, chewy, reduced sugar, all flavors	0,04

NDB_No	Description	Tyrosine(g) Value Per
03092	Babyfood, vegetables, green beans, junior	0,04
06465	Soup, turkey noodle, canned, prepared with equal volume water	0,04
11052	Beans, snap, green, raw	0,04
11060	Beans, snap, green, frozen, all styles, unprepared	0,04
11062	Beans, snap, green, frozen, all styles, microwaved	0,04
11422	Pumpkin, raw	0,04
11670	Peppers, hot chili, green, raw	0,04
11722	Beans, snap, yellow, raw	0,04
11730	Beans, snap, yellow, frozen, all styles, unprepared	0,04
11819	Peppers, hot chili, red, raw	0,04
01001	Butter, salted	0,04
01002	Butter, whipped, with salt	0,04
01145	Butter, without salt	0,04
03108	Babyfood, vegetables, sweet potatoes strained	0,04
03959	Babyfood, mashed cheddar potatoes and broccoli, toddlers	0,04
04073	Margarine, regular, hard, soybean (hydrogenated)	0,04
09094	Figs, dried, uncooked	0,04
11246	Leeks, (bulb and lower leaf-portion), raw	0,04
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	0,04
11660	Tomatoes, red, ripe, cooked, stewed	0,04
11867	Squash, winter, butternut, frozen, cooked, boiled, with salt	0,04
19226	Frostings, chocolate, creamy, ready-to-eat	0,04
31020	Seaweed, Canadian Cultivated EMI-TSUNOMATA, rehydrated	0,04
03109	Babyfood, vegetables, sweet potatoes, junior	0,04
06068	Soup, vegetarian vegetable, canned, condensed	0,04
11081	Beets, cooked, boiled, drained	0,04
11136	Cauliflower, cooked, boiled, drained, without salt	0,04
11213	Endive, raw	0,04
11601	Yam, raw	0,04
11734	Beets, cooked, boiled, drained, with salt	0,04
11761	Cauliflower, cooked, boiled, drained, with salt	0,04
04030	Sandwich spread, with chopped pickle, regular, unspecified oils	0,04
09032	Apricots, dried, sulfured, uncooked	0,04
09264	Persimmons, japanese, dried	0,04
11354	Potatoes, white, flesh and skin, raw	0,04
11602	Yam, cooked, boiled, drained, or baked, without salt	0,04

NDB_No	Description	Tyrosine(g) Value Per
11897	Yam, cooked, boiled, drained, or baked, with salt	0,04
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	0,04
11080	Beets, raw	0,04
11224	Hyacinth-beans, immature seeds, raw	0,04
11483	Squash, winter, acorn, cooked, baked, without salt	0,04
11718	Mung beans, mature seeds, sprouted, cooked, boiled, drained, with salt	0,04
11864	Squash, winter, acorn, cooked, baked, with salt	0,04
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	0,04
11214	Escarole, cooked, boiled, drained, no salt added	0,04
11579	Vegetables, mixed, canned, solids and liquids	0,04
11190	Cornsalad, raw	0,04
11512	Sweet potato, canned, vacuum pack	0,04
12116	Nuts, coconut cream, canned, sweetened	0,04
03098	Babyfood, vegetables, beets, strained	0,04
06440	Soup, minestrone, canned, prepared with equal volume water	0,04
11125	Carrots, cooked, boiled, drained, without salt	0,04
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	0,04
11258	Mountain yam, hawaii, raw	0,04
11757	Carrots, cooked, boiled, drained, with salt	0,04
11762	Cauliflower, frozen, cooked, boiled, drained, with salt	0,04
06466	Soup, turkey vegetable, canned, prepared with equal volume water	0,03
09148	Kiwifruit, green, raw	0,03
11015	Asparagus, canned, drained solids	0,03
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	0,03
11114	Cabbage, savoy, raw	0,03
11283	Onions, cooked, boiled, drained, without salt	0,03
11474	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	0,03
11485	Squash, winter, butternut, raw	0,03
11507	Sweet potato, raw, unprepared	0,03
11731	Beans, snap, green, frozen, cooked, boiled, drained, with salt	0,03
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	0,03
11733	Beans, snap, yellow, frozen, cooked, boiled, drained, with salt	0,03
11805	Onions, cooked, boiled, drained, with salt	0,03
11859	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, with salt	0,03
09078	Cranberries, raw	0,03
09089	Figs, raw	0,03

NDB_No	Description	Tyrosine(g) Value Per
09277	Plantains, raw	0,03
11149	Chayote, fruit, raw	0,03
11253	Lettuce, green leaf, raw	0,03
11475	Squash, summer, scallop, raw	0,03
11477	Squash, summer, zucchini, includes skin, raw	0,03
11944	Pickle relish, hot dog	0,03
12129	Nuts, ginkgo nuts, canned	0,03
06401	Soup, cream of asparagus, canned, prepared with equal volume water	0,03
09062	Cherimoya, raw	0,03
09139	Guavas, common, raw	0,03
11115	Cabbage, savoy, cooked, boiled, drained, without salt	0,03
11261	Mushrooms, white, cooked, boiled, drained, without salt	0,03
11479	Squash, summer, zucchini, includes skin, frozen, unprepared	0,03
11480	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt	0,03
11641	Squash, summer, all varieties, raw	0,03
11753	Cabbage, savoy, cooked, boiled, drained, with salt	0,03
11797	Mushrooms, white, cooked, boiled, drained, with salt	0,03
11862	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, with salt	0,03
19172	Gelatin desserts, dry mix	0,03
19702	Gelatin desserts, dry mix, with added ascorbic acid, sodium-citrate and salt	0,03
09247	Peaches, dried, sulfured, stewed, without added sugar	0,03
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	0,03
11423	Pumpkin, cooked, boiled, drained, without salt	0,03
11486	Squash, winter, butternut, cooked, baked, without salt	0,03
11510	Sweet potato, cooked, boiled, without skin	0,03
11644	Squash, winter, all varieties, cooked, baked, without salt	0,03
11754	Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	0,03
11845	Pumpkin, cooked, boiled, drained, with salt	0,03
11863	Squash, winter, all varieties, cooked, baked, with salt	0,03
11866	Squash, winter, butternut, cooked, baked, with salt	0,03
11964	Nopales, cooked, without salt	0,03
06043	Soup, cream of mushroom, canned, condensed	0,03
09021	Apricots, raw	0,03
10109	Pork, fresh, variety meats and by-products, leaf fat, raw	0,03
11013	Asparagus, canned, regular pack, solids and liquids	0,03
11116	Cabbage, chinese (pak-choi), raw	0,03

NDB_No	Description	Tyrosine(g) Value Per
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	0,03
11128	Carrots, canned, regular pack, drained solids	0,03
11254	Lotus root, raw	0,03
11257	Lettuce, red leaf, raw	0,03
11553	Tomato products, canned, sauce, with onions	0,03
11707	Asparagus, canned, no salt added, solids and liquids	0,03
11755	Cabbage, chinese (pe-tsai), cooked, boiled, drained, with salt	0,03
11963	Nopales, raw	0,03
06338	CAMPBELL'S, Cream of Mushroom Soup, condensed	0,03
06417	Soup, chicken gumbo, canned, prepared with equal volume water	0,03
09248	Peaches, dried, sulfured, stewed, with added sugar	0,03
11476	Squash, summer, scallop, cooked, boiled, drained, without salt	0,03
11860	Squash, summer, scallop, cooked, boiled, drained, with salt	0,03
04018	Salad dressing, mayonnaise type, regular, with salt	0,03
06169	Sauce, ready-to-serve, pepper, TABASCO	0,03
09034	Apricots, dried, sulfured, stewed, with added sugar	0,03
09194	Olives, ripe, canned (jumbo-super colossal)	0,03
11209	Eggplant, raw	0,03
11481	Squash, summer, zucchini, italian style, canned	0,03
11482	Squash, winter, acorn, raw	0,03
11693	Tomatoes, crushed, canned	0,03
11758	Carrots, canned, no salt added, solids and liquids	0,03
11932	Beans, snap, yellow, canned, regular pack, drained solids	0,03
11933	Beans, snap, yellow, canned, no salt added, drained solids	0,03
01205	Cream substitute, flavored, liquid	0,03
11131	Carrots, frozen, cooked, boiled, drained, without salt	0,03
11264	Mushrooms, canned, drained solids	0,03
11445	Seaweed, kelp, raw	0,03
11626	Beans, mung, mature seeds, sprouted, canned, drained solids	0,03
11729	Beans, snap, green, canned, no salt added, drained solids	0,03
11760	Carrots, frozen, cooked, boiled, drained, with salt	0,03
01206	Cream substitute, flavored, powdered	0,02
04128	Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt	0,02
06453	Soup, cream of potato, canned, prepared with equal volume water	0,02
09009	Apples, dehydrated (low moisture), sulfured, uncooked	0,02
09172	Longans, raw	0,02

NDB_No	Description	Tyrosine(g) Value Per
11251	Lettuce, cos or romaine, raw	0,02
11467	Squash, summer, crookneck and straightneck, raw	0,02
19297	Jams and preserves	0,02
01114	Whey, sweet, fluid	0,02
06558	Soup, tomato bisque, canned, prepared with equal volume water	0,02
11056	Beans, snap, green, canned, regular pack, drained solids	0,02
11105	Burdock root, cooked, boiled, drained, without salt	0,02
11150	Chayote, fruit, cooked, boiled, drained, without salt	0,02
11428	Purslane, cooked, boiled, drained, without salt	0,02
11468	Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt	0,02
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	0,02
11747	Burdock root, cooked, boiled, drained, with salt	0,02
11766	Chayote, fruit, cooked, boiled, drained, with salt	0,02
11849	Purslane, cooked, boiled, drained, with salt	0,02
11857	Squash, summer, all varieties, cooked, boiled, drained, with salt	0,02
11858	Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt	0,02
09193	Olives, ripe, canned (small-extra large)	0,02
09213	Orange juice, frozen concentrate, unsweetened, undiluted, with added calcium	0,02
09214	Orange juice, frozen concentrate, unsweetened, undiluted	0,02
09265	Persimmons, native, raw	0,02
11113	Cabbage, red, cooked, boiled, drained, without salt	0,02
11119	Cabbage, chinese (pe-tsai), raw	0,02
11484	Squash, winter, acorn, cooked, boiled, mashed, without salt	0,02
11551	Tomato products, canned, sauce, with mushrooms	0,02
11567	Turnips, frozen, cooked, boiled, drained, without salt	0,02
11752	Cabbage, red, cooked, boiled, drained, with salt	0,02
11865	Squash, winter, acorn, cooked, boiled, mashed, with salt	0,02
11890	Turnips, frozen, cooked, boiled, drained, with salt	0,02
11943	Pimento, canned	0,02
12203	Nuts, chestnuts, japanese, boiled and steamed	0,02
04022	Salad dressing, russian dressing, low calorie	0,02
06410	Soup, cream of celery, canned, prepared with equal volume water	0,02
09205	Oranges, raw, with peel	0,02
09316	Strawberries, raw	0,02
11084	Beets, canned, drained solids	0,02
11112	Cabbage, red, raw	0,02

NDB_No	Description	Tyrosine(g) Value Per
11210	Eggplant, cooked, boiled, drained, without salt	0,02
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	0,02
11289	Onions, frozen, whole, unprepared	0,02
11337	Peppers, sweet, green, frozen, chopped, unprepared	0,02
11473	Squash, summer, crookneck and straightneck, frozen, unprepared	0,02
11783	Eggplant, cooked, boiled, drained, with salt	0,02
11795	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, with salt	0,02
11888	Tomato products, canned, puree, with salt added	0,02
11917	Peppers, sweet, red, frozen, chopped, unprepared	0,02
12119	Nuts, coconut water (liquid from coconuts)	0,02
09291	Plums, dried (prunes), uncooked	0,02
11130	Carrots, frozen, unprepared	0,02
11145	Celtuce, raw	0,02
11527	Tomatoes, green, raw	0,02
11547	Tomato products, canned, puree, without salt added	0,02
11637	Radishes, white icicle, raw	0,02
11645	Sweet potato, canned, syrup pack, solids and liquids	0,02
11749	Cabbage, common (danish, domestic, and pointed types), freshly harvest, raw	0,02
11750	Cabbage, common (danish, domestic, and pointed types), stored, raw	0,02
11951	Peppers, sweet, yellow, raw	0,02
03100	Babyfood, vegetables, carrots, junior	0,02
09278	Plantains, cooked	0,02
11216	Ginger root, raw	0,02
11285	Onions, canned, solids and liquids	0,02
11287	Onions, frozen, chopped, unprepared	0,02
11492	Squash, winter, spaghetti, raw	0,02
11493	Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt	0,02
11549	Tomato products, canned, sauce	0,02
11605	Beets, harvard, canned, solids and liquids	0,02
11632	Peppers, jalapeno, canned, solids and liquids	0,02
11659	Sweet potato, cooked, candied, home-prepared	0,02
11695	Tomatoes, orange, raw	0,02
11825	Peppers, sweet, green, frozen, chopped, cooked, boiled, drained, with salt	0,02
11870	Squash, winter, spaghetti, cooked, boiled, drained, or baked, with salt	0,02
19064	Candies, TOOTSIE ROLL, chocolate-flavor roll	0,02
36025	CRACKER BARREL, coleslaw	0,02

NDB_No	Description	Tyrosine(g) Value Per
36028	DENNY'S, coleslaw	0,02
01112	Whey, acid, fluid	0,02
03099	Babyfood, vegetables, carrots, strained	0,02
06985	Gravy, HEINZ Home Style, savory beef	0,02
09059	Breadfruit, raw	0,02
09266	Pineapple, raw, all varieties	0,02
09317	Strawberries, canned, heavy syrup pack, solids and liquids	0,02
11054	Beans, snap, green, canned, regular pack, solids and liquids	0,02
11058	Beans, snap, canned, all styles, seasoned, solids and liquids	0,02
11082	Beets, canned, regular pack, solids and liquids	0,02
11109	Cabbage, raw	0,02
11110	Cabbage, cooked, boiled, drained, without salt	0,02
11250	Lettuce, butterhead (includes boston and bibb types), raw	0,02
11288	Onions, frozen, chopped, cooked, boiled, drained, without salt	0,02
11329	Peppers, hot chili, green, canned, pods, excluding seeds, solids and liquids	0,02
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	0,02
11519	Taro, cooked, without salt	0,02
11609	Beets, pickled, canned, solids and liquids	0,02
11649	Tomato products, canned, sauce, spanish style	0,02
11726	Beans, snap, green, canned, no salt added, solids and liquids	0,02
11727	Beans, snap, yellow, canned, regular pack, solids and liquids	0,02
11728	Beans, snap, yellow, canned, no salt added, solids and liquids	0,02
11735	Beets, canned, no salt added, solids and liquids	0,02
11751	Cabbage, common, cooked, boiled, drained, with salt	0,02
11806	Onions, frozen, chopped, cooked, boiled, drained, with salt	0,02
11820	Peppers, hot chili, red, canned, excluding seeds, solids and liquids	0,02
11822	Peppers, sweet, green, cooked, boiled, drained, with salt	0,02
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	0,02
11824	Peppers, sweet, red, cooked, boiled, drained, with salt	0,02
11878	Taro, cooked, with salt	0,02
27000	Soup, egg drop, Chinese restaurant	0,02
09095	Figs, dried, stewed	0,02
09201	Oranges, raw, California, valencias	0,02
09320	Strawberries, frozen, sweetened, sliced	0,02
11104	Burdock root, raw	0,02
11290	Onions, frozen, whole, cooked, boiled, drained, without salt	0,02

NDB_No	Description	Tyrosine(g) Value Per
11530	Tomatoes, red, ripe, cooked	0,02
11531	Tomatoes, red, ripe, canned, packed in tomato juice	0,02
11559	Tomato products, canned, sauce, with tomato tidbits	0,02
11807	Onions, frozen, whole, cooked, boiled, drained, with salt	0,02
11884	Tomatoes, red, ripe, cooked, with salt	0,02
11885	Tomatoes, red, ripe, canned, packed in tomato juice, no salt added	0,02
11939	Mushrooms, portabella, exposed to ultraviolet light, grilled	0,02
43217	Tomato sauce, canned, no salt added	0,02
09011	Apples, dried, sulfured, uncooked	0,02
09022	Apricots, canned, water pack, with skin, solids and liquids	0,02
09090	Figs, canned, water pack, solids and liquids	0,02
09091	Figs, canned, light syrup pack, solids and liquids	0,02
09319	Strawberries, frozen, sweetened, whole	0,02
11134	Cassava, raw	0,02
11255	Lotus root, cooked, boiled, drained, without salt	0,02
11335	Peppers, sweet, green, canned, solids and liquids	0,02
11478	Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	0,02
11696	Tomatoes, yellow, raw	0,02
11796	Lotus root, cooked, boiled, drained, with salt	0,02
11861	Squash, summer, zucchini, includes skin, cooked, boiled, drained, with salt	0,02
11916	Peppers, sweet, red, canned, solids and liquids	0,02
11981	Peppers, hungarian, raw	0,02
21420	KFC, Coleslaw	0,02
09023	Apricots, canned, water pack, without skin, solids and liquids	0,02
09092	Figs, canned, heavy syrup pack, solids and liquids	0,02
09093	Figs, canned, extra heavy syrup pack, solids and liquids	0,02
09176	Mangos, raw	0,02
09200	Oranges, raw, all commercial varieties	0,02
09238	Peaches, canned, juice pack, solids and liquids	0,02
09250	Peaches, frozen, sliced, sweetened	0,02
09259	Pears, dried, sulfured, uncooked	0,02
09263	Persimmons, japanese, raw	0,02
09421	Dates, medjool	0,02
11471	Squash, summer, crookneck and straightneck, canned, drained, solid, without salt	0,02
11533	Tomatoes, red, ripe, canned, stewed	0,02
11960	Carrots, baby, raw	0,02

NDB_No	Description	Tyrosine(g) Value Per
04641	Salad dressing, mayonnaise, light	0,02
09024	Apricots, canned, juice pack, with skin, solids and liquids	0,02
09035	Apricots, frozen, sweetened	0,02
09087	Dates, deglet noor	0,02
09218	Tangerines, (mandarin oranges), raw	0,02
11566	Turnips, frozen, unprepared	0,02
11980	Peppers, chili, green, canned	0,02
01003	Butter oil, anhydrous	0,01
09025	Apricots, canned, extra light syrup pack, with skin, solids and liquids	0,01
09033	Apricots, dried, sulfured, stewed, without added sugar	0,01
09070	Cherries, sweet, raw	0,01
09181	Melons, cantaloupe, raw	0,01
09236	Peaches, yellow, raw	0,01
09313	Sapodilla, raw	0,01
09318	Strawberries, frozen, unsweetened	0,01
11265	Mushrooms, portabella, raw	0,01
11282	Onions, raw	0,01
11286	Onions, yellow, sauteed	0,01
11439	Sauerkraut, canned, solids and liquids	0,01
11529	Tomatoes, red, ripe, raw, year round average	0,01
11557	Tomato products, canned, sauce, with onions, green peppers, and celery	0,01
11578	Vegetable juice cocktail, canned	0,01
11585	Vegetable juice cocktail, low sodium, canned	0,01
09029	Apricots, canned, extra heavy syrup pack, without skin, solids and liquids	0,01
09174	Loquats, raw	0,01
09202	Oranges, raw, navels	0,01
09272	Pineapple, frozen, chunks, sweetened	0,01
11431	Radishes, oriental, cooked, boiled, drained, without salt	0,01
11564	Turnips, raw	0,01
11850	Radishes, oriental, cooked, boiled, drained, with salt	0,01
11886	Tomato juice, canned, without salt added	0,01
09026	Apricots, canned, light syrup pack, with skin, solids and liquids	0,01
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	0,01
09028	Apricots, canned, heavy syrup pack, without skin, solids and liquids	0,01
09203	Oranges, raw, Florida	0,01
09240	Peaches, canned, light syrup pack, solids and liquids	0,01

NDB_No	Description	Tyrosine(g) Value Per
09241	Peaches, canned, heavy syrup pack, solids and liquids	0,01
09242	Peaches, canned, extra heavy syrup pack, solids and liquids	0,01
09298	Raisins, seedless	0,01
09326	Watermelon, raw	0,01
11294	Onions, sweet, raw	0,01
11333	Peppers, sweet, green, raw	0,01
11603	Yambean (jicama), raw	0,01
11759	Carrots, canned, no salt added, drained solids	0,01
11958	Pickle relish, hamburger	0,01
19371	Frostings, vanilla, creamy, dry mix, prepared with margarine	0,01
06168	Sauce, ready-to-serve, pepper or hot	0,01
09131	Grapes, american type (slip skin), raw	0,01
09237	Peaches, canned, water pack, solids and liquids	0,01
09243	Peaches, spiced, canned, heavy syrup pack, solids and liquids	0,01
11126	Carrots, canned, regular pack, solids and liquids	0,01
11144	Celery, cooked, boiled, drained, without salt	0,01
11205	Cucumber, with peel, raw	0,01
11339	Peppers, sweet, green, sauteed	0,01
11430	Radishes, oriental, raw	0,01
11565	Turnips, cooked, boiled, drained, without salt	0,01
11764	Celery, cooked, boiled, drained, with salt	0,01
11889	Turnips, cooked, boiled, drained, with salt	0,01
14054	Beverages, almond milk, chocolate, ready-to-drink	0,01
03994	Babyfood, fruit, banana and strawberry, junior	0,01
09132	Grapes, red or green (European type, such as Thompson seedless), raw	0,01
09184	Melons, honeydew, raw	0,01
09219	Tangerines, (mandarin oranges), canned, juice pack	0,01
09239	Peaches, canned, extra light syrup, solids and liquids	0,01
09267	Pineapple, canned, water pack, solids and liquids	0,01
09268	Pineapple, canned, juice pack, solids and liquids	0,01
11921	Peppers, sweet, red, sauteed	0,01
11937	Pickles, cucumber, dill or kosher dill	0,01
11940	Pickles, cucumber, sweet (includes bread and butter pickles)	0,01
11947	Pickles, cucumber, dill, reduced sodium	0,01
19116	Candies, marshmallows	0,01
19206	Puddings, vanilla, dry mix, regular	0,01

NDB_No	Description	Tyrosine(g) Value Per
19244	Frostings, vanilla, creamy, dry mix	0,01
19710	Puddings, vanilla, dry mix, regular, with added oil	0,01
20027	Cornstarch	0,01
21416	POPEYES, Coleslaw	0,01
09040	Bananas, raw	0,01
09050	Blueberries, raw	0,01
09117	Grapefruit, raw, white, California	0,01
09133	Grapes, canned, thompson seedless, water pack, solids and liquids	0,01
09269	Pineapple, canned, light syrup pack, solids and liquids	0,01
09334	Feijoa, raw	0,01
11143	Celery, raw	0,01
11429	Radishes, raw	0,01
11821	Peppers, sweet, red, raw	0,01
11918	Peppers, sweet, red, frozen, chopped, boiled, drained, without salt	0,01
11919	Peppers, sweet, red, frozen, chopped, boiled, drained, with salt	0,01
11935	Catsup	0,01
11949	Catsup, low sodium	0,01
20003	Arrowroot flour	0,01
04021	Salad dressing, italian dressing, commercial, reduced fat	0,01
09052	Blueberries, canned, heavy syrup, solids and liquids	0,01
09077	Crabapples, raw	0,01
09112	Grapefruit, raw, pink and red, all areas	0,01
09134	Grapes, canned, thompson seedless, heavy syrup pack, solids and liquids	0,01
09220	Tangerines, (mandarin oranges), canned, light syrup pack	0,01
09260	Pears, dried, sulfured, stewed, without added sugar	0,01
09270	Pineapple, canned, heavy syrup pack, solids and liquids	0,01
09271	Pineapple, canned, extra heavy syrup pack, solids and liquids	0,01
09279	Plums, raw	0,01
09370	Peaches, canned, heavy syrup, drained	0,01
19296	Honey	0,01
36021	APPLEBEE'S, coleslaw	0,01
03995	Babyfood, banana with mixed berries, strained	0,01
04020	Salad dressing, french dressing, reduced fat	0,01
04120	Salad dressing, french dressing, commercial, regular	0,01
06984	Soup, SWANSON Chicken Broth 99% Fat Free	0,01
09116	Grapefruit, raw, white, all areas	0,01

NDB_No	Description	Tyrosine(g) Value Per
09120	Grapefruit, sections, canned, juice pack, solids and liquids	0,01
09140	Guavas, strawberry, raw	0,01
09191	Nectarines, raw	0,01
09261	Pears, dried, sulfured, stewed, with added sugar	0,01
11252	Lettuce, iceberg (includes crisphead types), raw	0,01
11945	Pickle relish, sweet	0,01
09111	Grapefruit, raw, pink and red and white, all areas	0,01
09114	Grapefruit, raw, pink and red, Florida	0,01
09118	Grapefruit, raw, white, Florida	0,01
09119	Grapefruit, sections, canned, water pack, solids and liquids	0,01
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	0,01
11941	Pickles, cucumber, sour	0,01
11946	Pickles, cucumber, sour, low sodium	0,01
11948	Pickles, cucumber, sweet, low sodium (includes bread and butter pickles)	0,01
14187	Beverages, Clam and tomato juice, canned	0,01
04114	Salad dressing, italian dressing, commercial, regular	0,00
09006	Apples, raw, without skin, cooked, microwave	0,00
09010	Apples, dehydrated (low moisture), sulfured, stewed	0,00
09014	Apples, frozen, unsweetened, unheated	0,00
09015	Apples, frozen, unsweetened, heated	0,00
09054	Blueberries, frozen, unsweetened	0,00
09055	Blueberries, frozen, sweetened	0,00
09113	Grapefruit, raw, pink and red, California and Arizona	0,00
09226	Papayas, raw	0,00
16082	Noodles, chinese, cellophane or long rice (mung beans), dehydrated	0,00
19173	Gelatin desserts, dry mix, prepared with water	0,00
19303	Marmalade, orange	0,00
19314	Pie fillings, canned, cherry	0,00
03221	Babyfood, dessert, dutch apple, junior	0,00
09012	Apples, dried, sulfured, stewed, without added sugar	0,00
09013	Apples, dried, sulfured, stewed, with added sugar	0,00
09143	Guava sauce, cooked	0,00
09206	Orange juice, raw	0,00
09209	Orange juice, chilled, includes from concentrate	0,00
09210	Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	0,00
09211	Orange juice, chilled, includes from concentrate, with added calcium	0,00

NDB_No	Description	Tyrosine(g) Value Per
09282	Plums, canned, purple, juice pack, solids and liquids	0,00
09340	Pears, asian, raw	0,00
09506	Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E	0,00
09007	Apples, canned, sweetened, sliced, drained, unheated	0,00
09008	Apples, canned, sweetened, sliced, drained, heated	0,00
09019	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	0,00
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	0,00
09135	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	0,00
09207	Orange juice, canned, unsweetened	0,00
09221	Tangerine juice, raw	0,00
09223	Tangerine juice, canned, sweetened	0,00
09254	Pears, canned, juice pack, solids and liquids	0,00
09255	Pears, canned, extra light syrup pack, solids and liquids	0,00
09281	Plums, canned, purple, water pack, solids and liquids	0,00
09283	Plums, canned, purple, light syrup pack, solids and liquids	0,00
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	0,00
09285	Plums, canned, purple, extra heavy syrup pack, solids and liquids	0,00
09401	Applesauce, canned, unsweetened, with added ascorbic acid	0,00
09402	Applesauce, canned, sweetened, with salt	0,00
09512	Grape juice, canned or bottled, unsweetened, with added ascorbic acid and calcium	0,00
14548	Beverages, tea, instant, lemon, with added ascorbic acid	0,00
19198	Puddings, tapioca, dry mix	0,00
19709	Puddings, tapioca, dry mix, with no added salt	0,00
09160	Lime juice, raw	0,00
09252	Pears, raw	0,00
09253	Pears, canned, water pack, solids and liquids	0,00
09256	Pears, canned, light syrup pack, solids and liquids	0,00
09257	Pears, canned, heavy syrup pack, solids and liquids	0,00
09258	Pears, canned, extra heavy syrup pack, solids and liquids	0,00
09412	Pears, raw, bartlett	0,00
09414	Pears, raw, bosc	0,00
09415	Pears, raw, green anjou	0,00
11206	Cucumber, peeled, raw	0,00
14201	Beverages, coffee, brewed, prepared with tap water, decaffeinated	0,00
14209	Beverages, coffee, brewed, prepared with tap water	0,00
14426	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate	0,00

NDB_No	Description	Tyrosine(g) Value Per
19332	Puddings, lemon, dry mix, regular	0,00
19708	Puddings, lemon, dry mix, regular, with added oil, potassium, sodium	0,00
20068	Tapioca, pearl, dry	0,00
09003	Apples, raw, with skin	0,00
09004	Apples, raw, without skin	0,00
09413	Pears, raw, red anjou	0,00
09500	Apples, raw, red delicious, with skin	0,00
09501	Apples, raw, golden delicious, with skin	0,00
19320	Puddings, banana, dry mix, regular	0,00
19706	Puddings, banana, dry mix, regular, with added oil	0,00
02047	Salt, table	0,00
02048	Vinegar, cider	0,00
03001	Babyfood, juice treats, fruit medley, toddler	0,00
03019	Babyfood, snack, GERBER GRADUATE FRUIT STRIPS, Real Fruit Bars	0,00
03301	Babyfood, beverage, GERBER GRADUATE FRUIT SPLASHERS	0,00
04001	Fat, beef tallow	0,00
04002	Lard	0,00
04017	Salad dressing, thousand island, commercial, regular	0,00
04023	Salad dressing, thousand island dressing, reduced fat	0,00
04027	Salad dressing, mayonnaise, imitation, soybean	0,00
04029	Salad dressing, mayonnaise, imitation, soybean without cholesterol	0,00
04031	Shortening, household, soybean (partially hydrogenated)-cottonseed (partially hydrogenated)	0,00
04034	Oil, soybean, salad or cooking, (partially hydrogenated)	0,00
04037	Oil, rice bran	0,00
04038	Oil, wheat germ	0,00
04042	Oil, peanut, salad or cooking	0,00
04044	Oil, soybean, salad or cooking	0,00
04047	Oil, coconut	0,00
04053	Oil, olive, salad or cooking	0,00
04055	Oil, palm	0,00
04058	Oil, sesame, salad or cooking	0,00
04060	Oil, sunflower, linoleic (less than 60%)	0,00
04133	Salad dressing, french, home recipe	0,00
04135	Salad dressing, home recipe, vinegar and oil	0,00
04501	Oil, cocoa butter	0,00
04502	Oil, cottonseed, salad or cooking	0,00

NDB_No	Description	Tyrosine(g) Value Per
04506	Oil, sunflower, linoleic, (approx. 65%)	0,00
04510	Oil, safflower, salad or cooking, linoleic, (over 70%)	0,00
04511	Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce)	0,00
04513	Vegetable oil, palm kernel	0,00
04514	Oil, poppyseed	0,00
04515	Oil, tomatoseed	0,00
04516	Oil, teaseed	0,00
04517	Oil, grapeseed	0,00
04518	Oil, corn, industrial and retail, all purpose salad or cooking	0,00
04520	Fat, mutton tallow	0,00
04528	Oil, walnut	0,00
04529	Oil, almond	0,00
04530	Oil, apricot kernel	0,00
04532	Oil, hazelnut	0,00
04534	Oil, babassu	0,00
04536	Oil, sheanut	0,00
04541	Oil, cupu assu	0,00
04542	Fat, chicken	0,00
04543	Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed	0,00
04544	Shortening, household, lard and vegetable oil	0,00
04545	Oil, sunflower, linoleic, (partially hydrogenated)	0,00
04546	Shortening bread, soybean (hydrogenated) and cottonseed	0,00
04548	Shortening cake mix, soybean (hydrogenated) and cottonseed (hydrogenated)	0,00
04549	Shortening industrial, lard and vegetable oil	0,00
04550	Shortening frying (heavy duty), beef tallow and cottonseed	0,00
04551	Shortening confectionery, coconut (hydrogenated) and or palm kernel (hydrogenated)	0,00
04554	Shortening industrial, soybean (hydrogenated) and cottonseed	0,00
04556	Shortening frying (heavy duty), palm (hydrogenated)	0,00
04559	Shortening household soybean (hydrogenated) and palm	0,00
04560	Shortening frying (heavy duty), soybean (hydrogenated), linoleic (less than 1%)	0,00
04570	Shortening, confectionery, fractionated palm	0,00
04572	Oil, nutmeg butter	0,00
04573	Oil, ucuhuba butter	0,00
04574	Fat, duck	0,00
04575	Fat, turkey	0,00
04576	Fat, goose	0,00

NDB_No	Description	Tyrosine(g) Value Per
04646	Oil, industrial, coconut, principal uses candy coatings, oil sprays, roasting nuts	0,00
04648	Oil, industrial, soy (partially hydrogenated), principal uses popcorn and flavoring vegetables	0,00
04649	Shortening, industrial, soy (partially hydrogenated), pourable liquid fry shortening	0,00
04650	Oil, industrial, soy, refined, for woks and light frying	0,00
04651	Oil, industrial, soy (partially hydrogenated), multiuse for non-dairy butter flavor	0,00
04652	Oil, industrial, soy (partially hydrogenated), all purpose	0,00
04653	Oil, industrial, soy (partially hydrogenated) and soy (winterized), pourable clear fry	0,00
04654	Oil, industrial, soy (partially hydrogenated) and cottonseed, principal use as a tortilla shortening	0,00
04656	Oil, industrial, palm kernel, confection fat, uses similar to high quality cocoa butter	0,00
04657	Oil, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter	0,00
04658	Oil, industrial, palm kernel (hydrogenated), confection fat, intermediate grade product	0,00
04659	Oil, industrial, coconut, confection fat, typical basis for ice cream coatings	0,00
04660	Oil, industrial, palm kernel (hydrogenated) , used for whipped toppings, non-dairy	0,00
04661	Oil, industrial, coconut (hydrogenated), used for whipped toppings and coffee whiteners	0,00
04662	Oil, industrial, palm and palm kernel, filling fat (non-hydrogenated)	0,00
04663	Oil, industrial, palm kernel (hydrogenated), filling fat	0,00
04664	Oil, industrial, soy (partially hydrogenated), palm, principal uses icings and fillings	0,00
04667	Shortening, industrial, soy (partially hydrogenated) for baking and confections	0,00
04669	USDA Commodity Food, oil, vegetable, soybean, refined	0,00
04670	USDA Commodity Food, oil, vegetable, low saturated fat	0,00
14003	Alcoholic beverage, beer, regular, all	0,00
14006	Alcoholic beverage, beer, light	0,00
14034	Alcoholic beverage, creme de menthe, 72 proof	0,00
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	0,00
14049	Alcoholic beverage, distilled, gin, 90 proof	0,00
14050	Alcoholic beverage, distilled, rum, 80 proof	0,00
14051	Alcoholic beverage, distilled, vodka, 80 proof	0,00
14121	Beverages, carbonated, club soda	0,00
14130	Carbonated beverage, cream soda	0,00
14142	Beverages, carbonated, grape soda	0,00
14150	Beverages, carbonated, orange	0,00
14153	Beverages, carbonated, pepper-type, contains caffeine	0,00
14155	Beverages, carbonated, tonic water	0,00
14243	Cranberry juice cocktail, bottled, low calorie, with calcium, saccharin and corn sweetener	0,00
14352	Beverages, tea, black, brewed, prepared with tap water, decaffeinated	0,00
14355	Beverages, tea, black, brewed, prepared with tap water	0,00

NDB_No	Description	Tyrosine(g) Value Per
14384	Beverages, water, bottled, PERRIER	0,00
14385	Beverages, water, bottled, POLAND SPRING	0,00
14532	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 94 proof	0,00
14533	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 100 proof	0,00
14544	Beverages, tea, black, brewed, prepared with distilled water	0,00
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	0,00
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	0,00
15162	Mollusks, clam, mixed species, canned, liquid	0,00
19018	Fruit syrup	0,00
19228	Frostings, cream cheese-flavor, ready-to-eat	0,00
19330	Puddings, lemon, dry mix, instant	0,00
19337	Sweeteners, tabletop, aspartame, EQUAL, packets	0,00